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wd contents

on our cover

RELAX & LET GO!
pages 16, 36, 116, 160 and more

72 Dress 5 Pounds Thinner
26 Soothing Stress Busters
94 Guilt-Free Summer Treats
130 Easy Calming Stretches
50 Shop Smart: Tricks Stores Use
142 Get Out of the Kitchen: No-Cook Dinners
78 Home Haircolor 101: Gorgeous Results

CORAL VON ZUMWALT

live well

11 NEWS How to safely remove photos from old albums, the best pet for you, pros' packing tips and more

18 CLEANING SMELLS LIKE...CLEAN Simple strategies for clearing the air in your household *by Arianne Cohen*

26 MIND GETTING TO YOUR GOOD PLACE The health benefits of letting go *by Susan Crandell*

36 REAL LIFE "I LET GO OF..." How three women triumphed over emotions like self-doubt and fear

44 TOGETHER LIFE 101 The six crucial skills your teen needs to know *by Melissa Gaskill*

50 MONEY OH, THOSE CLEVER RETAILERS Sneaky ways stores get you to spend money *by Mary Hunt*

56 TRAVEL A WOMAN'S DAY IN...MINNEAPOLIS An insider itinerary from a City of Lakes local

well styled

61 HOME KITCHEN REMIX Designer Amy Meier helps a couple achieve a kitchen makeover that's heavy on style, light on cash *by Sara Bliss*

72 FASHION GO, FIGURE! Shapewear that slims you down in seconds—no matter what you're wearing

78 BEAUTY COLOR BY NUMBERS Salon secrets for flawless at-home haircolor

be well

85 NEWS How to get more vitamin D, stop poison ivy before it starts and manage your medical records

94 NUTRITION CHILL OUT The healthiest choices of sorbet, ice cream and frozen yogurt; plus, a low-cal Frozen Hot Chocolate recipe *by Joy Bauer, RD*

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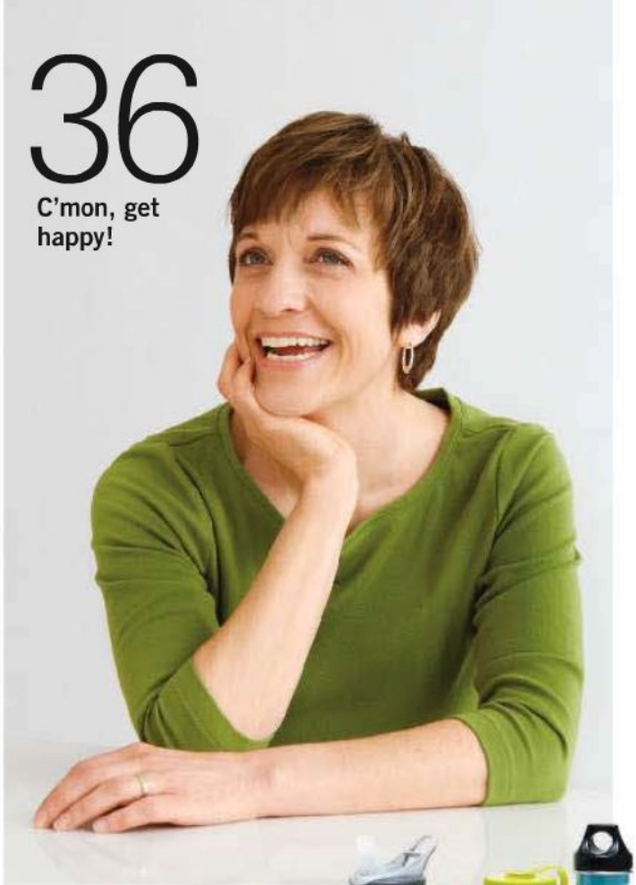
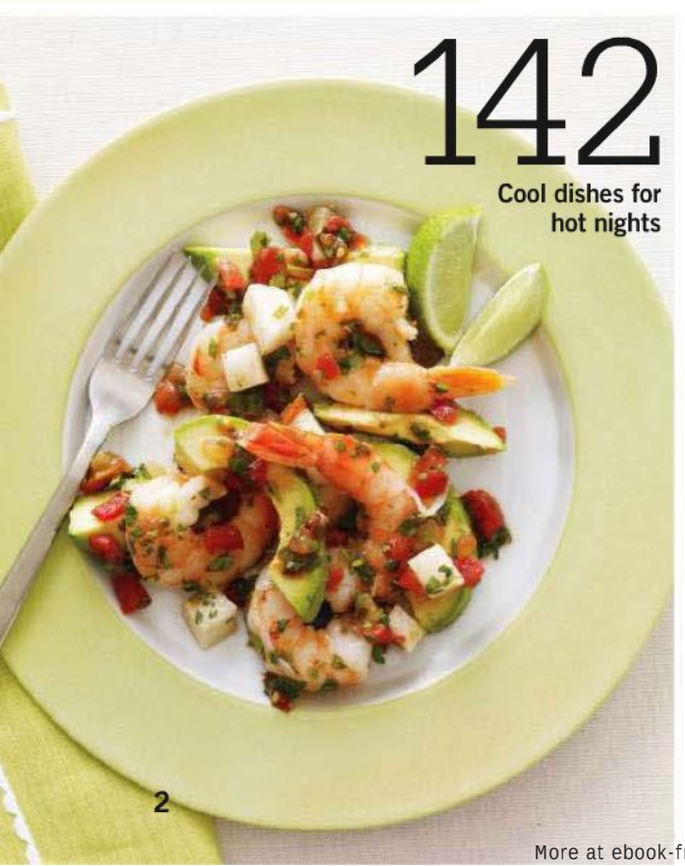


36
C'mon, get happy!

130
Strike a pose

106
The best H_2O bottles



142
Cool dishes for hot nights

"Who of you by worrying can add a single hour to his life?" *Matthew 6:27*

106 **NOW** DRINK ME How many glasses of water a day do you really need? And is soda that bad for you? The answers to all your hydration questions *by Alyssa Shaffer*

116 **DIET** KEEP IT OFF! An easy-to-follow weight maintenance plan *by Karen Ansel, RD*

126 **FAMILY** When to go to the ER *by Barbara Brody*

130 **FITNESS** SAY "OM" FOR A BETTER BODY Stretch your legs (and everything else) with a yoga-inspired workout *by Denise Austin*

eat well

137 **NEWS** One great pesto recipe and seven ways to use it, the tastiest hot dogs, a no-mess ice cream trick

142 **TONIGHT** NO COOKING REQUIRED Beat the heat with seven stove-free dinners, all ready in under 35 minutes

153 **RECIPE CARDS** Road trip snacks

158 **THIS MONTH** Four weeks of family-friendly menus

160 **SLOW COOKER** READY WHEN YOU GET HOME Delicious Green Chili you can fix before work and forget

162 **FAMILY** YOU SAY *TOMATO*... A recipe for summer's red-hot crop: Southern Tomato Pie *by Terry Grieco Kenny*

164 **OUT OF THE BOX** Shrimp & Asparagus Risotto

166 **RECIPE INDEX**

in every issue

8 **ALL IN A WOMAN'S DAY**

166 **SHOPPER'S GUIDE**

170 **ALL'S WELL THAT ENDS WELL**

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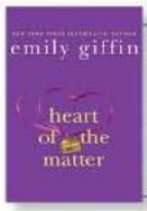
What's your favorite beach read?

"*Twelve Days of Terror* and *Close to Shore*, which both chronicle the 1916 shark attacks. I read them on the exact New Jersey beach where the first episode occurred." *Sue Kakstys, Group Managing Editor*

"*The Girl with the Dragon Tattoo*! It's a total page-turner with cool female characters and surprising plot twists." *Ayn-Monique Klahre, Associate Home Design Editor*



"Any book by Emily Giffin. Her stories give you all the details you would want from a best friend." *Melissa Matthews, Beauty Editor*

"*A Moveable Feast* by Ernest Hemingway. Every time I read it, it reminds me to stop worrying and enjoy the present." *Brooke Nevils, Assistant Features Editor*

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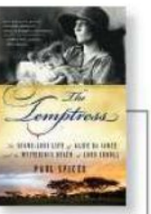

"In the spirit of the movie *Out of Africa*, *The Bolter* by Frances Osborne and *The Temptress* by Paul Spicer are two scintillating reads. These are the types of books that take you on a journey without leaving your lounge chair!" *Carlos Lamadrid, Senior VP/Chief Brand Officer*

"I would recommend *First Family* by David Baldacci. This thriller is a substantial read, so you won't fly through it too quickly." *Ginger Sutton, VP/Brand Publisher*

"I am a huge fan of the Shopaholic series, and I can't wait to dive into one of Sophie Kinsella's newest titles, *Twenties Girl*, this summer. I always enjoy a funny and flirty book at the beach." *Jessica Clary, NY Brand Director*

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all in a woman's day

by Elizabeth Mayhew, Editor-in-Chief

look past the trees

Last year when our economy came crashing down, I had several friends who took stock of their life—they either quit their job, left their relationship or moved away, and in some cases did all three. Why? Because the uncertainty of our world magnified the unhappy, stagnant situations they were in. In three words, *they let go.* By this I don't mean they stopped caring about what they looked like or stopped caring for their friends and family. They weren't being reckless, they just consciously decided that the status quo wasn't working and they knew there had to be a better way. The result? They are all infinitely happier—work, love and life are all booming.

In this issue, we have three such success stories from women who have changed their lives by changing their mindset ("I Let Go Of…", page 36). And as a prelude to their stories, we have Susan Crandell's piece "Getting to Your Good Place" (page 26), in which she examines what letting go (or in some cases, moving on) does for your psyche and health. It turns out that giving yourself that kind of permission and following through is really good for you!

For my own part, when I'm clouded by self-doubt or fear, I follow the advice of my husband, who is an excellent downhill skier (unlike me, he grew up hitting the slopes). He always reminds me of the golden rule of skiing through the trees: Never look at the tree in front of you, look past it. I can't think of a better analogy for life. If you're constantly staring at and focusing on whatever is making you unhappy or holding you back, you'll never be able to move past it. Only when you look beyond the roadblock can you start on a new path.

ELIZABETH

P.S. You can e-mail me at **elizabeth@womansday.com**

Eddie Ross (of *Top Design* fame) has joined WD as a contributing editor. Keep an eye out for his creative touch with food, flowers and decorating. For this issue, Eddie traveled to Del Mar, California, to shoot a kitchen redo by designer Amy Meier.

You're invited... to be in our pages!

Got a nightmarish closet that needs reorganizing? Want to revamp your wardrobe with figure-flattering clothes? Have a health question you need answered? Tell us about it. Starting in September, we'll be featuring makeovers with you as the star. So consider this your personal invitation to tell us what needs fixing in your life and why. You might see yourself in an upcoming issue! You can e-mail us at **wdmakeovers@womansday.com**

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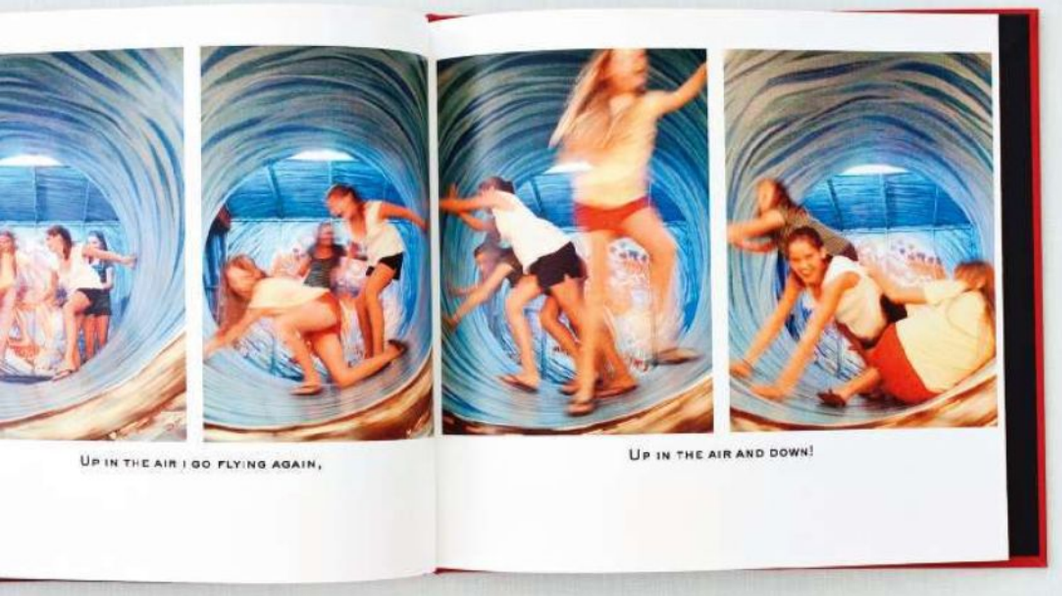

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Brooke Nevils

get the picture

If you have old magnetic photo albums, remove your photos—the acid in the glue can cause pictures to deteriorate. How do you pry them off the sticky pages in one piece? That's what WD reader Janet Carroll of Henderson, Tennessee, wanted to know. Maureen Taylor, author of *Preserving Your Family Photographs,* shares two ways to free your snapshots safely.

1. Slip unwaxed dental floss under an edge of the photo, then slowly slide it back and forth all the way down to slice through the glue.

2. Use a microspatula to carefully pry up the photo. This tiny metal blade is available at art supply stores or **gaylord.com** for about $8.

Now keep those photos in acid-free or non-PVC photo storage boxes. *Angela Ebron*

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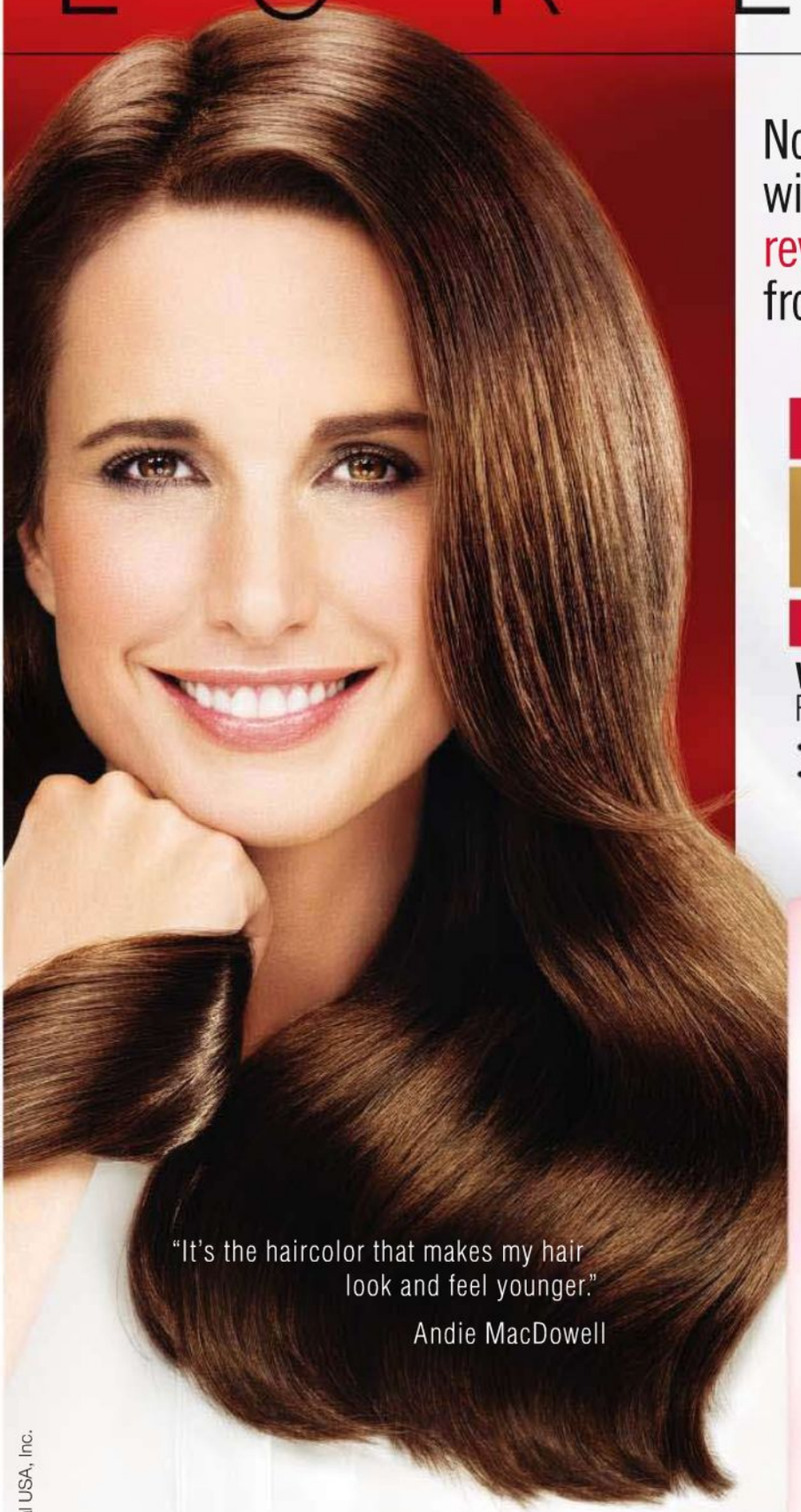

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man's best friend is...

A guinea pig? Maybe so. If you're thinking of adopting a family pet, a dog or cat isn't your only option, says Betsy Banks Saul, founder of *petfinder.com*. Many nontraditional animals make great companions too—like these popular picks.

rabbits

why: Furry and fun to watch, rabbits can be quite sociable.

care basics: Rabbits are fragile, so they're best for adult-only families or those with older kids.

Their cages should have a solid floor (if not, lay down cardboard to safeguard their feet), and should be at least five times their size. They need several hours of out-of-cage exercise, but they like to chew, so bunny-proof your home (cover outlets, secure cords). Rabbits can learn to use a newspaper-lined litter box filled with hay. Keep it in a corner of the cage and clean it daily.

parakeets

why: These cheery birds love your company and can be trained to speak.

care basics: Make sure the cage is at least 36"h x 24"w x 24"d, with bars and perches for climbing and plenty of toys. And provide filtered chlorine-free water for bathing. Change the paper lining daily, wash the cage weekly and disinfect it monthly. Take your bird out of his cage at least once a day to run and fly around (with all windows and doors closed). Parakeets do best when adopted in pairs. If getting two birds isn't an option, put a mirror in the cage.

guinea pigs

why: Great for kids, cute and cuddly guinea pigs will lie in your lap while you watch television and let you pet them.

care basics: The cage should be 24"h x 18"w x 25"d to allow ample room for exercise, nesting, going to the bathroom, and keeping food and water. Provide plenty of lining material, such as shredded ink-free paper and hay. Scrub and disinfect the cage and line it with fresh bedding every few days. And keep the room temperature at 65° to 75°F to reduce their risk of respiratory disease.

Abigail L. Cuffey

WE LOVE IT!

Carry on in style with this deluxe weekender bag designed by inventor and organizational expert Lori Greiner. It has tons of compartments to keep stuff organized, and comes with a toiletry case and cosmetic case. The wheels turn 360 degrees so you can easily maneuver through jam-packed airports. ($65, available in black, leopard, tiger; *qvc.com*)

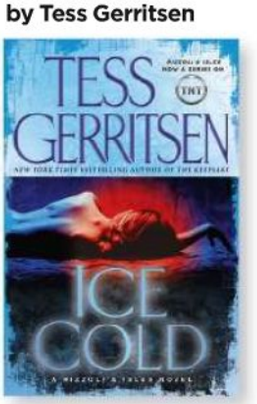
pack like a pro

- When you hold a rolling carry-on upright, the bottom of the bag is actually above the wheels, says Laura Kidder, editorial director of Fodor's Travel. "Put the heaviest items there when packing."
- "Roll clothes and stack them like a pile of logs," says Jason Clampet, senior online editor of **Frommers.com**. To fit the max, roll tightly: "Pull material taut and smooth it every three rolls," says flight attendant Heather Poole.
- Stuff underwear and socks in your shoes, advises Kidder. *B.N.*

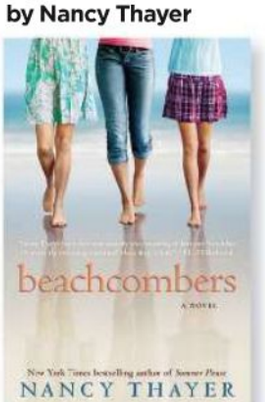
3 great new reads

▼ IF YOU LIKE BEACHWORTHY CHICK LIT... try *Thin Rich Pretty* by Beth Harbison

▼ IF YOU LIKE NAIL-BITING SUSPENSE... try *Ice Cold* by Tess Gerritsen



▼ IF YOU LIKE FAMILY DRAMAS... try *Beachcombers* by Nancy Thayer



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happy days!

OUR YEAR-LONG GET HAPPY CHALLENGE
WOMANSDAY.COM WEB EXCLUSIVE

We've put out the challenge to all of you. It's time to get happy! Join us in this yearlong project, started by Gretchen Rubin, author of *The Happiness Project*.

THIS MONTH'S CHALLENGE FUN

When's the last time you really had fun? It's often the first thing to get crowded out of a busy life, but it's an important element of happiness. If I don't make time for it, I start to feel trapped and drained. But when I do something I truly enjoy, like rereading *Jane Eyre* yet again, I'm energized and better able to tackle my to-do list.

Some people don't even know how to have fun anymore. They've lost touch with what they like to do just for the sheer pleasure of it. If you have this problem, ask yourself: What did I enjoy doing as a 10-year-old? Did I love arts and crafts? Playing with my dog? Exploring the woods? The activity you liked then is probably the one you'd enjoy now, though perhaps in a slightly different form. So give it a go—the more often the better! *Gretchen Rubin*

HAPPINESS PROJECTOR PATRICIA PACHECO FINDS TIME FOR FUN

I make it a point to enjoy myself. It allows me to let go of my worries, even if just for a short time. Afterward, I can always think more clearly.

I fit in simple pleasures daily Having a freshly brewed cup of coffee with French vanilla creamer, taking time to leisurely read the morning paper, listening to my favorite music on the way to work. Each of these things makes me happier during my day.

I connect with the people I care about Whether via a text message, an e-mail, a quick phone call or a face-to-face conversation, it feels good to talk with my daughters, close friends and other loved ones every day.

I hit the road It's fun to pack up the car and take off for the day. Living in the central valley area of California is great. I can either head for the beach in Santa Cruz or Monterey, or spend the day exploring San Francisco.

BECOME A HAPPINESS PROJECTOR

Once a month, check out the magazine for Gretchen's words of wisdom and updates on some of the people following her plan. Who knows? Maybe you'll be the next one featured!

Go online to *womansday.com/happiness* to meet other Projectors and get more feel-good resources.

Follow us on Twitter at *twitter.com/womansdaytweets* for a daily dose of happiness.

Check out *facebook.com/womansdaymagazine* for support from other WD Facebook fans.

Listen to RadioWD at *womansday.com/radiowd* for shows on living well every day.

Pick up Gretchen's book, *The Happiness Project* ($25.99; Harper), for more of her story.

Everyone can always be happier, right? Join us in this initiative to work on a great project: you!

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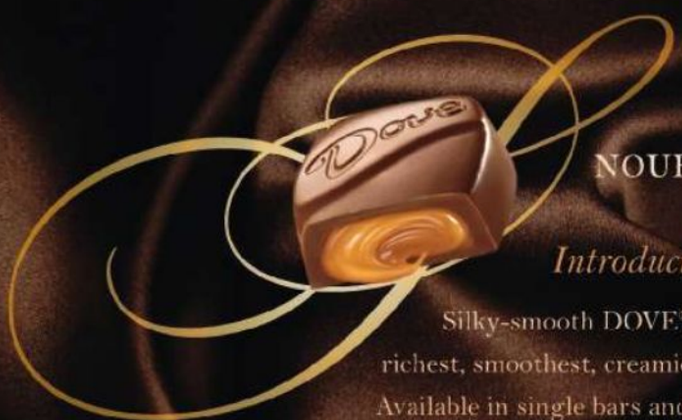

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smells like...**clean**

No more unpleasant odors lurking in your house

by Arianne Cohen

Household odors. Just the thought of them makes you blush in shame: Something in your house…*smells.* But odors are, in a way, good news. They're a helpful early alarm system—your home's way of telling you that there's a problem. Here's what you can do about them.

what exactly is an odor?

Odors are nothing more than gaseous molecules floating around in the air that our noses can detect. Something in your home is producing so many molecules that they're becoming airborne. But your nose is useless in telling you whether the odor is hazardous or not. "A pleasing odor is not necessarily good for your health," says Richard Shaughnessy, PhD, director of the Indoor Air Program at the University of Tulsa. In fact, some nice odors—like some air fresheners—are chockful of chemicals, which may be irritating. So it's a good idea to aim for a house that smells like, well, nothing. Just clean, fresh air.

how to ventilate

Many odor problems are actually ventilation problems. A smell becomes airborne, and the millions of offending molecules can sometimes just linger. To get things circulating, try doing one of the following for 15 minutes each day:

open windows the smart way. Open both the top and bottom of a double-hung window about halfway. This provides a natural circular airflow, with warm air escaping out the top and cooler air coming in the bottom.

create a cross-breeze. Make a wind tunnel by opening opposite windows of a room. Air will enter through one side of a room and exit the other.

(Please turn to 20)

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*Use as directed for minor arthritis pain.

†Comparison to Extra Strength Tylenol based on minimum label dosing for 24 hours.

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turn on the a/c. Air conditioners with a HEPA filter, which removes 99.97 percent of airborne particles, are fantastic air cleaners. "Run your air conditioner on low, and keep the filter cleaned and changed regularly," says Tim Ryan, a professor of environmental health sciences at Ohio University. "When you filter out the particulates, you get rid of some of the smell." This is because odor molecules can attach to particles in the air; when you get rid of the particles, you get rid of many odor molecules too. Air conditioners without a HEPA filter will also work—just not as efficiently.

place fans strategically. Fans only work in combination with one of the above three tricks, otherwise you're just moving smelly air around. One side of the fan pulls air into the fan, and the other side pushes it out around the room. (If you can't tell which is which, dampen your hand and hold it in front of the fan. It will be obvious whether that side is pushing or pulling.) Position the fan so it's blowing the dirty air out a doorway or toward an air conditioner.

KITCHEN ODORS 101

THE STINK	THE SOLUTION
garbage disposal	Pour a cup of boiling water through the disposal, which will clean off the blades. Then grind up citrus peels like lemon or orange rind.
refrigerator	Soak a cotton ball in vanilla extract, then put it in a little bowl on the lowest open shelf. Remove in a few days when dry. (If you prefer the smell of coffee, try a bowl of used coffee grounds instead.)
garbage can	Try SimpleHuman Charcoal Filters. These ingenious strips of charcoal stick to the inside of the lid, and can be recharged by placing in sunlight. ($3.99 for two at *SimpleHuman.com*)
dishwasher	A half-full dishwasher can stink up a kitchen in no time, so run the light rinse, with no soap. The steam will remove most of the food. If odors persist, get in the empty machine with a sponge and nailbrush, and clean out all the filters and parts on the bottom—something is likely stuck.
stove	Before you turn on the burner, turn on the range hood—every single time. Why? Some of the particles and gases that come off the stovetop while you're cooking have been connected to respiratory health problems, particularly in children. And regularly clean your range hood filter (you can usually access it by snapping off the tabs near the vent).

4 safe anti-smell cleaning weapons

Mark Sneller, PhD, author of *Greener Cleaner Indoor Air*, has four simple, safe ways to get rid of odors.

baking soda Mix it with water to create a paste to wash walls or other surfaces that smell, or leave an open box in enclosed spaces that are odorous, such as the bottom of the laundry bin or garbage can.

borax Just as useful as baking soda, but more concentrated. Dump 2 teaspoons in the garbage disposal, wipe down smelly surfaces with a mix of ½ teaspoon of borax and a cup of warm water, or spray the mixture on plants to kill bugs and mold (and not the plant).

vinegar White vinegar and water, mixed in equal parts, sanitizes. And that vinegar smell disappears as soon as it dries. Try the mixture in coffeemakers, as well as on any non-stone surface around the house.

the vacuum Vacuum, vacuum, vacuum. Really. It removes an array of particulates, which prevents all sorts of future smelly growth. HEPA vacuum filters are ideal because they capture and remove many more particulates, but even a regular vacuum will help substantially.

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my house smells weird!

The only way to remove a smell is to remove the source. This sounds basic, but you'd be surprised how often people spray air freshener and pray the smell will disappear. It won't. Odor experts never use air fresheners: "They mask the source as opposed to dealing with it," says Dr. Shaughnessy. Here's how to handle some common problems.

SMELLS LIKE	GET RID OF IT BY	IF THAT DOESN'T WORK
rotten eggs That's hydrogen sulfide coming from your main sewer line. The U-shaped trap in one of your drains may have dried up.	Doing a test: Pour a teaspoon of peppermint oil down a drain and run hot water. If you can smell the peppermint in another part of the house, you probably have a bad trap. Dump a couple of cups of water into the smelly drain.	Call a plumber. You likely have a crack in the trap that needs to be plugged or replaced. If that's not it, there may be a crack elsewhere in the plumbing system.
unbathed pets It's most likely underfoot. Most odors come not from your carpet, but the padding underneath. Pet urine is a common culprit.	Steam cleaning—it's the only way to get through to the padding. Or try a short-term solution: Cover up the smell with baking soda (sprinkle it on the rug, then vacuum).	You're going to have to pull up the carpet, remove the padding, and replace it with new padding.
decaying animals It's amazing how much one teeny tiny dead mouse can smell.	Checking behind appliances and in the chimney. If you find the animal, shovel it into a double layer of plastic garbage bags and put it out with the trash. Disinfect the shovel.	Call an exterminator. They're experts at locating (and removing!) dead animals behind walls and under homes.
chemicals "People often store paint, cleaning chemicals and turpentine near furnaces or ductwork," says Eliot Senor, an engineer in Hartsdale, NY.	Moving all the chemicals in your house to a cool place such as a furnace-free basement, garage or shed, far from the heating and ventilation system.	Use up whatever you can, then call your town's recycling program to find out how to dispose of the rest of them safely.
bathroom rot Often kids "miss," and bacteria can build up if the base of the toilet isn't sealed.	Confirming it first: Get down on your hands and knees and sniff around the bottom of the toilet. Yes, it will be kinda gross.	Call a plumber. They'll pull up the toilet, which is easier than it sounds: They disconnect it, lift it up, clean it out, and put in a new wax seal and caulking.
basement must The culprit is geosmin, a chemical byproduct of mold that's growing, often on items you've stored.	Running a permanent dehumidifier so that the humidity registers between 40% and 55%. And move items made from materials that used to be alive (wool, leather, paper) to a temperature-controlled attic.	Call a mold inspector. It'll cost you upward of $400, but you need to know if you have mold growing behind your walls. Left untreated, mold can be a big health hazard.
smoke Hard to get rid of, whether from tobacco or cooking. The particles go back and forth between gas and solid; as they do, you can smell them.	Washing every surface, in this order: curtains and shades, shelves and books, walls, carpets, clothing. Clean top-to-bottom so dust and gunk fall to the floor, where you'll vacuum it all up. On surfaces and walls, use a mix of 1 part vinegar to 5 parts warm water.	Mattresses, upholstery and plants are harboring the smoke residue. Clean them with a vacuum nozzle, then air them out by opening the windows for at least 48 hours. If that doesn't work, have them professionally cleaned.

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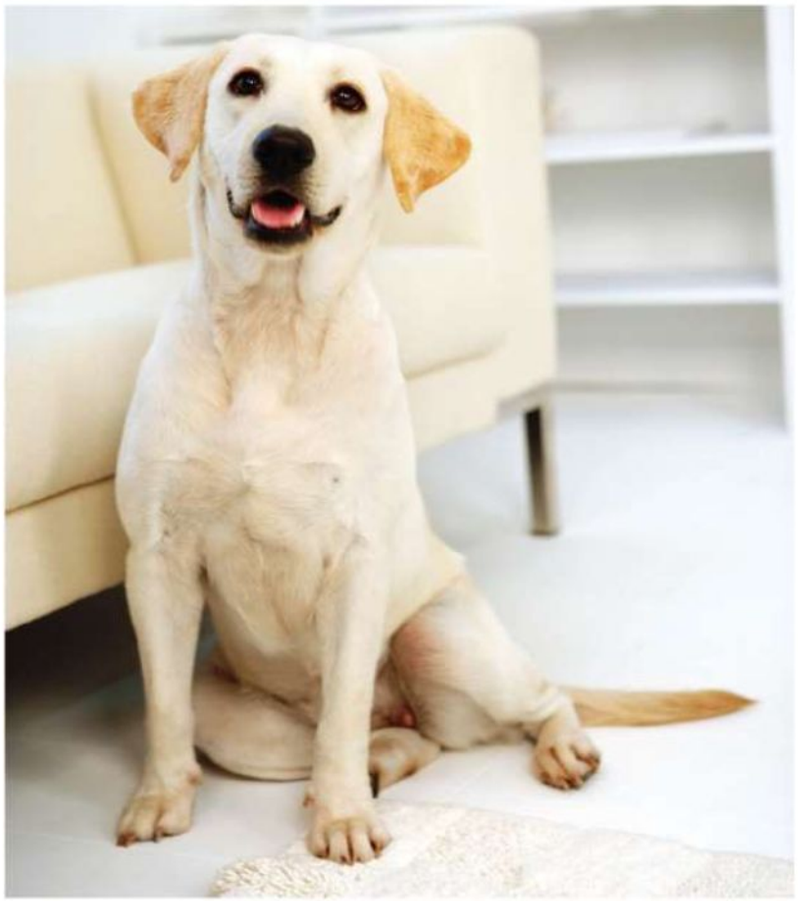
pet odor tip! Pets may be adorable, but they also deposit hair, skin cells and body oils wherever they go, which can lead to some unfortunate odors. They should only be allowed on furniture with washable slipcovers or pillow covers. At my house, Mabel is trained to sit only on one couch: the one with a slipcover, which I can easily pull off and wash in my machine's hot cycle. Chair, loveseat and sofa covers, $20 to $200; **surefit.net**.



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THE MOST USEFUL SEVEN SENTENCES IN THIS ARTICLE

Bathroom odors. Yes, they're embarrassing. But here's the truth: Bathroom odors happen to everyone. The fix is incredibly simple: Turn on the bathroom's exhaust fan to whisk away the odors. Otherwise, light a match. The compounds and gases that make up the odor burn instantly. That's why smart hostesses leave multiple candles burning during social events.

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let it go!

How to ditch those negative emotions & live the life you want

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getting to your good place

5 ways to get the ball rolling

by Susan Crandell

"Letting go is all about adjusting your mindset," says Pam Peeke, MD, MPH, assistant clinical professor of medicine at the University of Maryland and author of *Body for Life for Women*. "It starts to happen when the pain of being who and where you are exceeds the work you must do to let go," says Dr. Peeke. "Once you stop saying 'but' and start saying 'and,' you're ready."

For example, you used to say, "I hate my job, but I don't have time to look for a new one." Now you're saying, "I hate my job, and I've rewritten my resume."

Letting go not only helps you move closer to change, it also has a positive impact on your health. "When you're holding on to something or stuck in a situation, your body holds on to that anxiety and is in a perpetual state of fight-or-flight—which can do serious damage to your health," says Dr. Peeke. Constant anxiety ups your heart rate, blood pressure and even the production of stomach acid: Research shows people who are under constant stress have a twofold increase in GERD (gastroesophageal reflux disease). Research has also established that chronically elevated blood pressure also increases your risk of a heart attack.

"But when the anxiety dissipates, the physical benefits happen within seconds," explains Dr. Peeke. "Your heart rate drops, as does your blood pressure, and every system of your body that was reacting to the overproduction of stress hormones relaxes."

So how do you actually let go? Follow this roadmap.

disarm fight-or-flight

"You can't let go if you're anchored in fear," says Kay Cannon, an executive coach in Lexington, Kentucky. "We may feel frustrated or confused or overwhelmed, but it all distills down to fear. And when you're afraid, your body's fight-or-flight *(Please turn to 30)*

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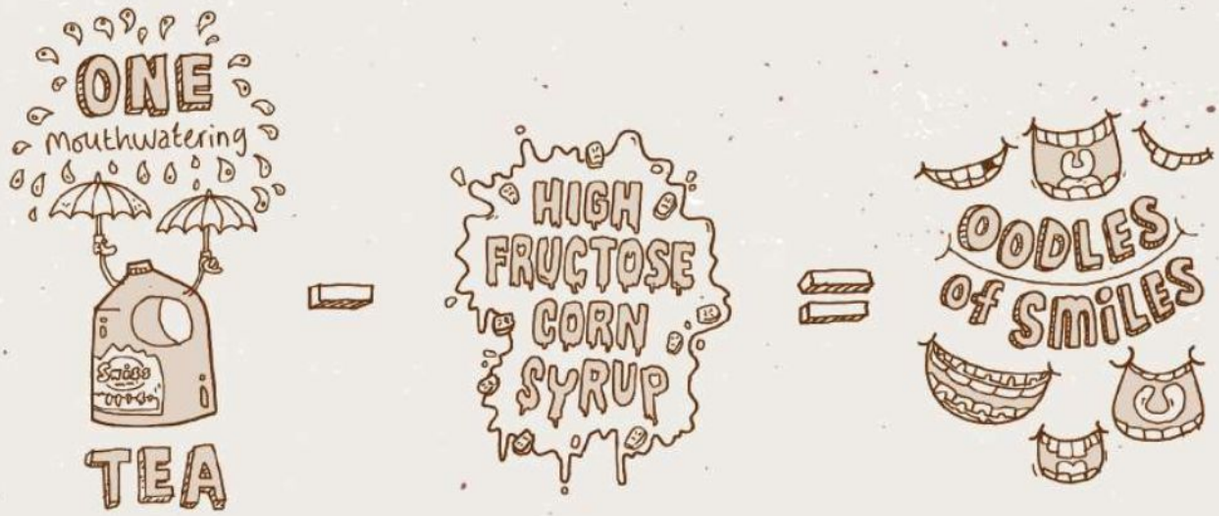

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GETTING TO YOUR GOOD PLACE

CONTINUED reaction is in overdrive." To let go of fear, you have to identify the mindset that's driving it. "Often people don't make connections and walk around wondering, *Why am I so frustrated?*" says Dr. Peeke. "You have to make an inventory of stress to pinpoint what's causing your fear. Write down everything that's bugging you and try to understand where it's coming from."

Say you're overwhelmed by the demands of a new baby and you feel like you're a bad mother. Ask yourself, "Is this really true?" Probably not. Consider all the parenting knowledge you have and the network of people you can call on to help. Acknowledge that being a new mom *is* hard, and that just because you're not loving every minute of it doesn't mean you can't do it well.

Or say you want to leave your job for something totally different but can't imagine what else you'd be good at. Think about how your skills might translate into another job; seek the advice of a career coach; talk to friends about making the change and find out if they know anyone who could help guide you. "Once you learn to trust yourself to handle a situation, it turns off the stress response system," Cannon says.

step back

To let go of a mindset or a situation, pull back and go through your emotions about it. Observing something instead of living it allows you to step away from the action and see more clearly how you feel.

Say you're angry with a friend who always breaks lunch dates at the last minute. You've already told her that it annoys you, but her behavior doesn't change. Rather than react, "work through your internal emotions," advises Martha Beck, PhD, author of *Steering by Starlight: Find Your Right Life No Matter What!*

You love your friend but can't stand the behavior. Is it worth suffering through her behavior to keep her friendship? Would the loss of her friendship be greater than the annoyance of her actions? "Taking yourself out of the situation can help you come to a place where you can let go of your negative emotions and make a clear-headed decision about what to do," says Dr. Beck.

Diane Brennan, president of Brennan Associates, an executive and life coaching firm in Tucson, Arizona, calls it "the 30,000-foot look." A woman she was coaching felt angry because she wasn't getting the promotion she felt she deserved. "When she stopped fixating on the fact that she wasn't being recognized, she realized that her resentment was draining her and negatively affecting her relationships, personal and professional," says Brennan. Observing the emotion for a moment instead of living it finally enabled her to let go of—and move past—her anger.

"She then took inventory of what she was doing at (and after) work and realized she wasn't taking very good care of herself," says Brennan. "So she made a conscious *(Please turn to 35)*

4 small changes to make today

1 your mantra: don't worry, be happy Yearning for a new job, a new house? Consider your circumstances. You may find that you're grateful for and content with what you already have.

2 take a joy test Home in on the little things that'll make you happy by finishing these sentences: "I've always wanted to…" or "I'd love to…" Think about what's doable. Maybe you've always wanted to speak Spanish or enter a 5K race. Then take steps to weave those things into your life.

3 make things better right now Feeling sad because a good friend has moved away? You can't follow her, but you can stay in touch. Make a regular date to call her on Skype.

4 ignore the peanut gallery Fear of being judged by others is often what causes us to stew in negative emotions like guilt. "How could she leave her child with a stranger while she works?" "How selfish is she for going out with friends instead of home to her kids!" If family and friends criticize, don't react instantly with anger. Take a breath and consider where they're coming from: Often criticisms come from people's own insecurities. If their comments aren't constructive, say, "Thanks, but no thanks." This will help you let go of any guilt and anger toward them.

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Please see Important Facts Brief Summary on adjacent page.

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- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
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- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.
LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:
- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:
- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

Pfizer helpful answers

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GETTING TO YOUR GOOD PLACE

CONTINUED choice to get more rest, take time off and find activities outside work that she enjoyed. This made her interactions with coworkers more positive and helped her approach her boss in a calm, candid way to discuss her career path. She didn't get the promotion, but she did renegotiate her job duties, which made her feel happier and more in control."

pinpoint your roadblocks

We all have emotions and mental habits that stop us from letting go. Guilt, negative self-talk, always striving for perfection and ruminating are common ones for women. And they tend to build on each other. We're expected to always be taking care of (and worrying about) everyone else. If we focus on ourselves, we often feel guilty.

"A woman I know used doing community service as a way to stop herself from becoming an artist. It was a convenient (and altruistic) excuse to avoid doing what she really wanted to do. She put her ambition on hold because it felt selfish," says Laura Berman Fortgang, author of *Now What? 90 Days to a New Life Direction*. "We want to do everything really well: be a parent, be a friend, have a successful and fulfilling career. When that doesn't happen, we take it out on ourselves, and this can lead to negative self-talk," says Fortgang.

The solution lies not in going over and over a situation, trying to figure out how to get it right or what went wrong (that is, ruminating), but simply recognizing that you're dwelling on things, which only makes you feel worse. "Some people think they'll get closure or be motivated by continually focusing on the negative," says Robert Leahy, PhD, a clinical professor of psychology at Weill-Cornell University Medical Center in New York City and author of *The Worry Cure: Seven Steps to Stop Worry from Stopping You*. "But really it just stops you from moving forward."

Give yourself a specified amount of time (say, 24 hours) to go over a problem or situation. When time's up, so is the ruminating, the guilt, the negative self-talk.

remember, the only person you can change is yourself

You may have heard this one before, but it's really crucial to getting in the mindset to let go. And it leads to a big benefit: feeling in control. Maybe you've struggled for years, trying to break your family of the little habits that drive you crazy, whether it's your husband leaving a trail of dirty laundry across the bedroom floor, or a sullen tween who'd rather slam a door than talk to you. You may not be able to reform them, but you can let go of (and control) the anger and frustration you feel about it.

start small

A change in mindset doesn't happen overnight—little changes lead to big ones. Dr. Leahy recommends starting by scheduling some stress or worry time every day. "If you have a negative thought at 10 A.M., say to yourself, *I'll set aside that thought and come back to it during my worry time later tonight,*" he explains. "You've just let go of that thought. Yes, you're going to come back to it, but you didn't let it take over. Doing this helps you practice letting go in a small way every day." **wd**

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"I let go of..."

Whether it's self-doubt, a bad marriage or simply a life stage, we all have things we want to—or need to—let go of. Meet three women who have given themselves permission to make changes. Even when the decisions were difficult, they walked through the hard stuff to come out stronger and happier.

...parenting 24/7

by Diane Oatis

In a few weeks my son, Jay, will be off to college. And I will tell you, in a lot of ways I could not be happier. No more waiting to hear the front door slam at night, which means he got in OK. No more eleventh-hour runs to buy a white T-shirt or a piece of posterboard. No more pencils, no more books, and none of the grief that homework entails, at least not under my roof.

Jay is so ready for this—he can't wait to start fresh, study what he wants to and meet new people. And my husband, Jon, and I will be leaving the suburbs and moving back into New York, the city we love. We'll be living the kind of life we had pre-child, when time was ours. Great for everyone, right?

Great, for sure, but also really different. From day one, Jay's been full of energy, and there's so much life in the house when he's around. There's always something new he wants us to check out: music, a video, an article he wrote for the school paper. And he's always got a scheme up his sleeve. One year, when he found out that a creek in town fed into a network of creeks, he got the idea that it might be fun to canoe through the state down to his summer camp, 70 miles away. Another time he decided he wanted to take harp lessons, so he looked *(Please turn to 38)*

JIM BASTARDO; HAIR BY BELINDA ZOLLO WITH KATE RYAN FOR BOBBI BROWN AND BUMBLE & BUMBLE; MAKEUP BY NIKKI WANG.

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"I LET GO OF..."

CONTINUED into buying a harp-building kit online. Pipe dreams, maybe. But for every crazy canoe dream, there was something he actually did make happen, like the rock band in seventh grade and the brownies he always seemed to be making at midnight for some school fundraiser. (Yes, I did the dishes.)

It's rewarding but also challenging to raise a high-energy child. You don't want to quash his spirit, but at the same time, you know you have to rein him in. It takes a lot of patience to explain why you can't canoe through New Jersey or why there's no way you can fit harp lessons into an already overcrowded schedule. And one way or another, you end up doing a lot of dishes.

Now that the three of us are packing, our stuff going in different directions, it occurs to me: So this is the calm after the storm. After all this time, I can finally let go of being so responsible, so adult all the time. And the more I think about it, the more I like it, my new impulsive life. I'm going to rewind to 1987, the year Jon and I first got together. Me in the bad perm and the jacket with the shoulder pads, Jon in his acid-washed jeans, Madonna and George Michael in the air. It's not the '80s I miss (especially not the hair), it's the things we used to do: the weekends of going to late movies, never setting an alarm, grabbing or savoring meals depending on our mood.

Imagine walking out the door in the morning without wondering, *Wait, isn't there someone who needs me for something?* No, there isn't...so, sweetie, take my hand and let's go. Let's rediscover the city where we met. We can revive the spirit of exploration that made us fall in love in the first place, and smile when we run into memories along the way. We'll go at our own pace, frenzied on some days, lazy on others. We'll turn off the alarm. On a good day, it's going to feel like flying. *Diane Oatis is copy director at* Woman's Day.

...fear

by Alaina Sheer

As soon as my head hit my mother's pillow, the hurt I'd been holding in all day, all month, all year rose up from my stomach to my chest, pouring out in a cascade of steady tears and heavy sobs. The reality of my situation had finally consumed me.

Hours earlier I had been calm and collected, keeping my composure and smile intact as I packed the last of our things into the back of my SUV. The boxes and laundry baskets fit perfectly, leaving just enough room for my 4-month-old, who, in his complete innocence, had no idea his mother was in the process of leaving his father.

"This is for the best, baby," I whispered as I tucked him in tightly.

After two years of gasping for air, of trying to survive a marriage that had fallen apart as quickly as it had started, I left my husband in spite of his promises to change. Instead of listening to him I listened to my instincts, which told me, in no uncertain terms, to get myself and my baby as far away from him as I could. But freedom had a price. He refused to move out, forcing me to make a decision—I would have to move in with my mother.

During the two-hour drive down the long, hill-dotted road from Columbus to Athens, my small hometown in rural southeast Ohio, I felt with every inch of my body that I had made the right decision. But now, in the darkness of my mother's bedroom, in the quiet still of the night, I wasn't sure.

I had left my broken and destructive marriage, but I had also left my budding career as a marketing executive, my friends and my life in the city. In this moment, escaping the piles of boxes in the guest bedroom by hiding in the folds of my mom's peaceful bed, I didn't hear a movie soundtrack roaring in the background and there would be no galloping off into the sunset of freedom as a single mom. No. This was my life now and it wasn't pretty.

In this, what would prove to be one of the lowest moments of my divorce, I saw no hope of ever recovering from the damage my marriage had done. Sure, I had survived, but looking down on the rubble I could only see shattered pieces of dreams, faint reflections of what could have been, and off in the distance, a formidable mountain of divorce debt. For the first time in my life I didn't have any answers.

The answer, as it turned out, was sleeping right next to me, breathing softly in his crib.

As impossible as each day seemed, they soon sped by with Benjamin growing—inch by inch, smile by smile and then laugh by laugh. Together, we were surviving and soon he *(Please turn to 40)*

For the first time in my life I didn't have any answers.

COURTESY OF ALAINA SHEER.

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"I LET GO OF..."

CONTINUED was a crawling and then walking and talking baby boy; my evidence that life could and would go on.

Every night after Benjamin fell asleep I would start writing, determined to discover what had led me to this situation so that it would never happen again. I started by plotting out my stories and words like a map, retracing the steps before and during my marriage that had led me here. With a bird's-eye view I could soon see an unhealthy pattern. I had been choosing the wrong men over and over. Suddenly it hit me—I had never known real love because I had let fear guide all my decisions: the fear of being alone, the fear of being without a man to validate my existence and, finally, the fear of being with someone who actually cared. And if my choices in men were any reflection of how I felt about myself, then clearly I had self-esteem issues.

You don't know yourself at all, I thought. *Who are you without these men?* And then the most frightening thought of all: *If you don't know yourself, how can you be a good mother?*

The tears were uncontrollable, but they were good. I had finally diagnosed the issue and now I could learn to move forward.

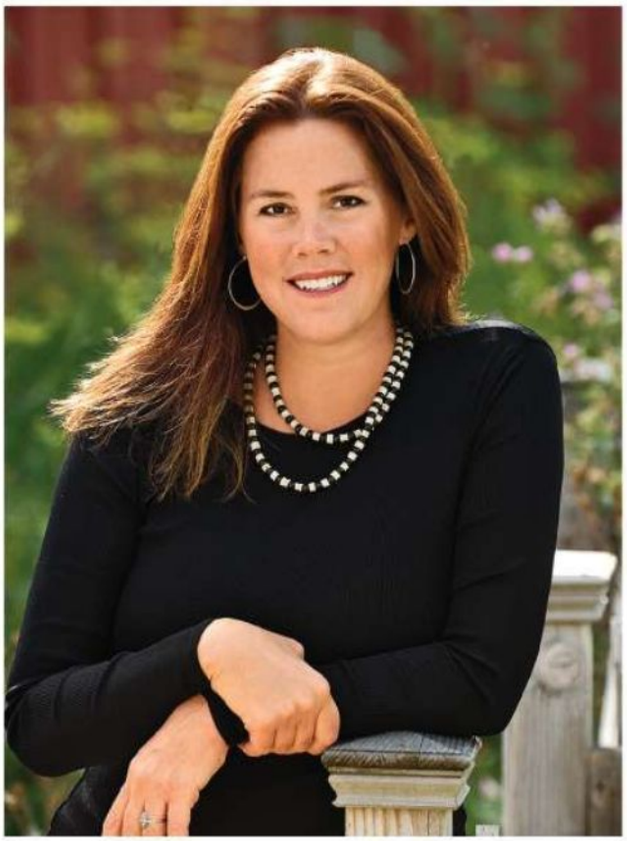
I sought out new friendships by going to social groups and meet-ups. My goal: to surround myself with people—both men and women—who were genuine, fulfilled and happy. I refused to date anyone with even the slightest hint of the characteristics of the men I had dated in the past.

Above all, I started to fall in love with myself, this new woman I had become. As it turned out, I was strong and capable and just fine on my own. After one year at my mother's, all of the pieces fell into place. I accepted a fantastic job offer back in the city, and Benjamin and I moved into an adorable little apartment. Two years later I met my boyfriend, John, who, unlike any other man I'd ever been with, taught me that love, real love, feels comforting, secure and stable—growing not worse, but better with time. I learned to again believe that anything is possible if we trust in ourselves.

As for my son Benjamin, he is now a beaming, breathtaking little 4-year-old who has more wonder, curiosity and happiness in his heart than I ever imagined anyone could contain. And fear, as it turns out, is not a word in his vocabulary. Or in mine.

Alaina Sheer writes about relationships and dating on her blog, MsSingleMama.com.

...self-doubt



by Laura Munson

"This does not meet our needs at this time." It's the sentence that every writer dreads. It comes in the mail along with our bills and our junk mail, and just to add insult to injury, it's announced in our own handwriting—in a self-addressed stamped envelope that we've blessed like a child off to college when we sent in our writing, hoping to get it published. We've tried to forget about it. But that's impossible. When we meet with that envelope again and the dreaded sentence, we try not to let it ruin us, but there's always a sad sigh. I'd been heaving those sad sighs for 20 years. The final one was so sad that it woke me up and changed my life.

I had everything I'd ever wanted: two great children, a supportive husband, a beautiful home in Montana and time to write. I was a novelist. It was my passion. I'd spent 20 years hard at it, completing 14 books. But in all my efforts, I couldn't seem to get one published. I'd

I just couldn't shake that inner voice constantly critiquing.

COURTESY OF LAURA MUNSON.

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get very close, but things would always fall apart.

Friends and family let their eyes glaze over when I'd talk about my latest project. For comedic relief, I started calling myself "the girl who cried novel." But inside, it was tearing me up. I knew better than to let something outside of my control define my self-worth, but I did it anyway. I just couldn't shake that inner voice constantly critiquing and keeping score. How was it possible to feel so driven but fail so miserably?

The final straw for me was just after Christmas a few years ago. I'd recently overhauled a book for a big New York publisher—took 300 pages out of a 500-page book and rewrote another 200, at their request. But it did not meet their needs at this time. It felt like a death. I'd just spent a month at my father's deathbed; I simply didn't have any more grieving room in me.

I had a choice. I could let the grief consume me and the life I'd built, or I could choose to finally commit to letting go of the pain I was in, which meant that I had to let go of the past and the future—because I finally saw it, crystal clear: That's where the suffering lies. The past and the future don't exist, yet I'd let them rule my life—always trying to get *to* somewhere or away *from* somewhere. All I really had was the present moment. And therein was freedom, a place and time without expectation. Freedom to write. To mother. To love. To live.

I decided I'd commit to the act of creating. Moment by moment, sometimes breath by breath. And I had to start being kind to myself—mostly in my mind. I had to cut myself some slack, and look around and see what was really important in life. For me that was whom and what I love; how I love. Starting with number one. So what if I got another rejection letter? I could still sit down and practice what I love; I could still write. Nobody could take that away. I would choose to control what I could control, and surrender the rest. When that voice screamed, "You're a failure. You're wrong. You're bad. You're a fool," I simply, and sometimes not-so-politely, pushed it away.

Maybe you know this voice too. So many of us court, invite and even welcome in this destructive voice until it becomes our normal. But once we identify it, and believe that it truly serves us no good purpose, we can make the simple choice to say, "No more."

And guess what happened? The minute I began to exile that voice, that's when real change started happening in my life, in my career, in my marriage, in my relationships in general. My husband chose to be a loving partner after a rocky period in our marriage, I wrote a book that landed on the *New York Times* Best Seller list, and I have a new perspective on life that brings a freedom I've never known. I have to believe this was all a direct result of letting go.

Eleanor Roosevelt said it so well: "No one can make you feel inferior without your permission." We have to allow people to make us feel this way. I think so many of us really are our own worst enemies—I was mine. But we don't have to be. We can instead tell that voice in no uncertain terms that it, after all, in the moment and forever onward, does not meet our needs at this time.

Laura Munson is the author of This Is Not the Story You Think It Is. **wd**

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Please see Important Safety Information and Brief Summary of Full Prescribing Information on adjacent pages.

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MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Vyvanse for adults with ADHD.
Shown to be effective even at 14 hours after taking.

7:00 AM
Ate breakfast and took Vyvanse.

11:00 AM
Organized the family photo albums.

5:00 PM
Focused on getting dinner started for my kids.

9:00 PM
Was able to spend time with my husband.

CONSISTENTLY

Vyvanse™ (lisdexamfetamine dimesylate) capsules

In a clinical study with adults with ADHD, Vyvanse significantly improved symptoms of inattention (eg, lack of focus), hyperactivity, and impulsivity. In another clinical study, Vyvanse was shown to be effective 2 hours after taking and was effective consistently throughout the day.

If you have ADHD and have trouble focusing, ask your doctor about Vyvanse.
1-866-630-1283, www.vyvanse.com

IMPORTANT SAFETY INFORMATION

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Talk to your healthcare provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the previous page.

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life 101

6 skills every teen needs

by Melissa Gaskill

Before I left for college, my father summoned me to the front yard and had me change a tire. He wanted to make sure I at least knew that much about cars.

For Andrea Ellinor of Tulsa, Oklahoma, the need-to-know topic was laundry. "I'd never washed my own clothes," she says. So once she was settled into her dorm room freshman year, her mom marched her down to the dorm's basement for a crash course in using the washer and dryer. "That semester, I made a lot of phone calls home with laundry questions," she says with a laugh.

Our parents had the right idea, if not the best timing. "When kids enter high school, it's time to decide what responsibilities we want them handling by graduation," says Carl Pickhardt, PhD, author of *Stop the Screaming: How to Turn Angry Conflict with Your Child into Positive Communication*. You have four years to help your teens learn to take care of themselves, so come up with a list of life skills you want to pass on, suggests Dr. Pickhardt.

If you're worried that they'll never get the hang of one skill, let alone all of them, try not to sweat it. If they mess up a time or two (or three) along the way, consider it a good thing. "Learning to handle minor failures creates a resilient kid," says Michael Bradley, EdD, author of *When Things Get CRAZY with Your Teen: The Why, the How, and What to Do NOW*. And research shows that a resilient child is ultimately a successful one. "You can't prepare your teens for all the challenges out there," Dr. Bradley says. "But you can give them the ability to think their way through them." It all starts with the basics, like these six essential skills.

cleaning

If your teens are like mine, they think kitchens and bathrooms magically clean themselves. Before you foist this delusional thinking on future roommates (and eventual spouses!), introduce your teens to the broom, dustpan, mop and toilet bowl brush. Their weekly chores should involve each one. Reveal the wonders of weekly trash pickup too by making it their job to take out the garbage.

Just remember that knowing a skill and using it in their own domain are two different things. While every kid should have *(Please turn to 46)*

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mommyisms: insights from mom to mom

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chores, don't spend the high school years waging war over your teen's messy room. Better to close your eyes to a little chaos in there (as long as she's pulling her weight with her other chores around the house) and keep the lines of communication open for more important issues, says Dr. Bradley.

car maintenance

Boys today are more likely to spend time texting friends or hanging out on Facebook than hunched over a car engine. But teens (girls included) need to know the basics of caring for their ride: how to check the oil and tire pressure, and follow a basic maintenance schedule. Melissa Mieras of San Antonio says her husband, Tom, taught their three sons by doing those things—and explaining it all as he went along—with the boys around.

So, with your teen in tow, head to your garage and pop the hood. First, pull out the dipstick, then demonstrate how to wipe it off, replace it, pull it out again and read the oil level. Locate the reservoir for wiper fluid and where to check other engine fluids. Whip out the manual and have your teen look up the recommended oil change intervals and which type of oil to use. Point out the sticker with recommended tire pressure, usually on the driver's door frame, and show her how to use a tire gauge (make sure one stays in the glove box). And the next time you stop at a gas station, show her how to add air to the tires.

If all of this is Greek to you, get help from a car-smart relative or trusted mechanic. If you take your car to the shop, have your teen tag along. Then, when it's her car that needs work, let her do the talking.

laundry

Washing clothes hardly qualifies as rocket science, but as Andrea knows all too well, it doesn't come naturally, either. Find a way to get your teens and their dirty clothes into the laundry room (if you have to bribe them with a movie, so be it). Now go over the basics: how to read labels to see what can be washed and what should be dry-cleaned, how to sort clothes by color and temperature, which detergent to use and how much, how to make sense of washer and dryer settings (be sure to explain that these aren't the same on all machines).

Of course, the best way for teens to acquire this, or any skill, for that matter, is practice. After all, discolored clothes will drive home the importance of proper sorting better than any lecture from Mom. So after your tutorial, have your teens start doing their own laundry.

Be available to answer questions, but resist the urge to step in. Handling this kind of responsibility gives teens a greater sense of competency, and that's the real goal, says *(Please turn to 48)*

welcome to the real world

Colleges around the country are giving parents a helping hand when it comes to teaching teens the basics of everyday living. Here are just a few courses in Life 101:

- The University of Texas at Austin occasionally has informal "How to Clean Your Room" sessions at the residence halls.
- Guilford College in Greensboro, North Carolina, periodically arranges residence hall programs to help kids learn how to do laundry.
- Kalamazoo College in Michigan offers an orientation for freshmen that covers everyday skills like how to use public transportation.
- University of North Texas' student money management center hosts free seminars and workshops to boost students' financial literacy.
- University of Michigan at Ann Arbor offers student workshops on how to buy a used car and car maintenance.
- Kansas State University offers a Money 101 class, plus students can download budgets at CashCourse, one of the school's online resources.
- High Point University in North Carolina has a mandatory life skills course which covers such topics as time management.

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LIFE 101

CONTINUED Dr. Pickhardt. "Each skill they acquire helps them say, *I can do it myself.*" For that, a few ruined items of clothing seems a small price to pay.

making appointments

Austin, Texas, parents MaryPat and Mike Baringer insisted that their three now-grown children make their own appointments for haircuts, dental checkups and doctor visits, beginning in high school. Do the same with your teen. Give him a simple appointment calendar with the names and numbers of doctors, dentists and other important providers recorded in the address book section (or posted on a bulletin board). Be sure to remind him that he can't be in two places at once, and to allow time for travel to and from appointments. Suggest he check cancellation policies as well.

The Baringer kids also made their own travel arrangements for college visits. This helped them learn good communication skills, and gave them experience in managing minor difficulties such as long layovers and missed connections. "Kids learn more when things don't go smoothly," says MaryPat.

Bingo, says Dr. Bradley. A bad decision your teen makes for himself is ultimately worth more than a good decision you make for him, he says.

cooking

Along with a few basics—perhaps roasting a chicken, scrambling eggs and making pasta—teach your teen to prepare a few of his favorite meals. Have him decide on a menu and make a list of needed ingredients, then take him shopping the first time. (The next time you can be the consultant.)

When you're back at home, be there to coach him through the actual preparation from start to finish. Don't forget to include cleanup and safe storage of leftovers. From then on, have him help you fix dinner more regularly. Remind him that, besides knowing how to feed himself well, cooking is a great way to impress a potential date. That should get his attention.

managing money

Thanks to the recession, knowing how to stretch a buck is more important than ever—a lesson Colorado Springs mom Nancy Erickson continues to drive home with her college-age children. "Kids need to learn to budget and avoid debt at all costs, especially in our current economic climate," says the mom of three, who definitely practices what she preaches. Starting in high school, Nancy and her husband established clear boundaries with their kids about which expenses they as parents would cover and which ones the kids had to pay themselves—and they put it in writing!

Take a cue from the Ericksons. If your teens don't have a bank account, make sure they open one. That way, they'll have a safe, interest-bearing place to keep their allowance, birthday and holiday money, and earnings from a part-time job. Then help your teens add up their expenses—from the slice of pizza they grab after school to movies on the weekend to prom fees—and determine a monthly budget they can stick with.

What if they come up short? Resist the urge to bail them out. "Budgeting requires being able to delay gratification and think ahead, which are critical life skills," says Dr. Pickhardt. Just keep reminding yourself that it's a learning opportunity. **wd**

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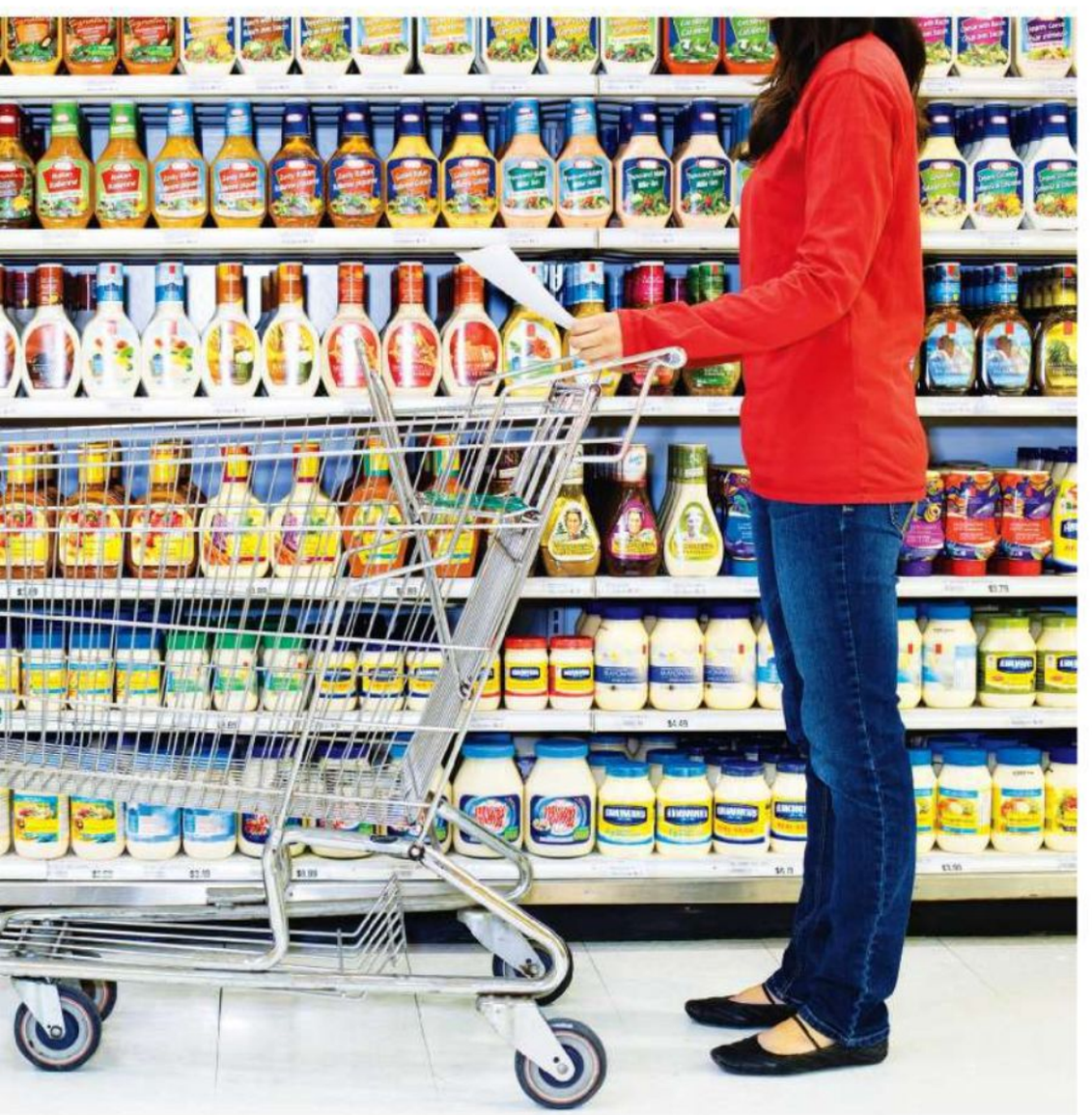
oh, those clever retailers

How to sidestep the games they play

I blame my suspicious nature on my neighborhood grocery store. The store used to be a logically arranged market with bright lights and clean floors—a basic, friendly, functional place to shop. Then the bulldozers morphed it into a big fancy supermarket complete with mood lighting and cushy chairs. by Mary Hunt



GETTY

I have nothing against beautiful spaces and modern conveniences, but I'm no fool. I knew all of this effort was to one end: to get me to spend more of my hard-earned money. Take the "Three for $6!" special of the week. *Why not just say $2 each and drop the exclamation mark?* I muttered to myself as I placed one jar of spaghetti sauce in the cart. Before I could wheel away I had my answer: I saw several customers dutifully place three jars in their carts. Not two, not four, but three jars.

That response was no accident. In fact, that's a simple example of how retailers use tricks to persuade consumers to buy more. Retailers hire experts like Paco Underhill, author of *Why We Buy,* and his company, Envirosell, to follow thousands of shoppers a year in person and on videotape, observing their every move. Using this information, the stores find ways to get people to shop longer, *(Please turn to 52)*

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CLEVER RETAILERS

CONTINUED spend more and return often. Underhill and his crew are so good at what they do, they can tell retailers what will entice people to enter the store, which way they'll look once they're inside, and more.

How important is consumer persuasion to the marketplace? "If we went into stores only when we needed to buy something," says Underhill, "and if once there we bought only what we needed, the economy would collapse. *Boom.*"

No one wants the economy to get any worse, but we don't want to overspend either. So our defense as consumers is to educate ourselves. Here are 12 tricks to know about.

THE TACTIC: beautiful ambience. Retailers know that as much as 70 percent of all purchases are unplanned! They want you to linger as long as possible, so they create an atmosphere that's inviting to the store's target audience. The music, the lighting, the displays are all designed to pull us in.

outsmart it! Don't browse. Just get in, get what you need and leave. True needs are not discovered while standing in a store aisle.

THE TACTIC: colored walls. Stores use certain colors according to the audience they're trying to reach: Younger people tend to like bold colors; older people prefer softer hues. "Universally, a soft shade of blue creates a sense of calm, which makes people want to stay longer," says Underhill. Meanwhile, most fast-food restaurants are decorated in vivid reds and oranges, which encourage us to eat quickly and leave—exactly what the fast-food operator wants us to do.

outsmart it! Take note of a store's colors. Just being aware of them helps you take control.

THE TACTIC: carpeting. Have you noticed more stores using carpeting? That's because it can help influence patterns of travel around a store, starting just inside the shop entrance. Carpeting subtly directs you deeper into the store by creating a defined path for you to follow.

outsmart it! Create your own path. Step off the carpet and shop for the items you came to buy.

THE TACTIC: strategically placed merchandise. "Some retailers insist on displaying their most expensive items up front. It makes everything else seem inexpensive afterward," warns Robert Cialdini, PhD, author of *Influence: Science and Practice.* With sale items, it's a kind of double trick. We get pulled in by the promise of a sale, but once we're inside, those sale items often aren't clearly displayed or as desirable as we *(Please turn to 54)*

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WHAT GETS YOU TO SPEND?

Robert Cialdini, PhD, identifies six triggers based on psychological principles that savvy marketers use to get people to buy.

1. RECIPROCATION When a demonstration lady can get you to accept a food sample, you're far more likely to purchase that product than if you simply walk past the product on a fancy display. "We've all been taught that when someone does us a favor, we should do one for her in return," says Dr. Cialdini.

2. CONSISTENCY If you get a credit card for a specific store, you are much more likely to repeatedly go back there, because you view yourself as that store's customer. Retailers know this, so when you're checking out and you don't have a store credit card, the cashier will entice you with all kinds of benefits to apply for one.

3. LIKABILITY Home parties (think jewelry, candles, Tupperware) work because the host is your friend. You don't want or need the stuff, but you do like your friend, and you buy to show your friendship. Plus, no one wants to be the person who doesn't buy anything.

4. SOCIAL PROOF You may have read about a new restaurant opening and want to try it. But you'd be more compelled to go if you read good reviews from others who've already been there. And you'd be even more compelled if your friend was the one who told you how good the place is. The reason: If other people like you go there, you'll probably like it too. The more similar the reviewers are to you, the more impact their suggestions have on your decision.

5. AUTHORITY Put a white lab coat on a college student, position her behind the department store cosmetics counter and most people will assume she has some advanced degree in skincare technology, therefore making it wise to pay a lot of money for the jar of wrinkle cream she recommends. And why not? We've been taught from childhood to obey authority figures because they know what's good for us.

6. SCARCITY When we believe there may not be enough to go around, our sense of urgency—or greed—influences us to act before it's too late. Just think about toys at Christmastime: Customers learn to snap up that toy-of-the-moment because they're afraid it won't be there next time.

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CLEVER RETAILERS

CONTINUED thought. But, because we've already mentally decided to buy, we often buy something else.

outsmart it! If the "buy" you thought you wanted turns out not to be what you were led to believe, take a moment to think about it. Don't feel compelled to buy something else to make up for it.

THE TACTIC: easy access. Research shows that if you touch something, you're more likely to buy it. That's why products like stuffed animals and candy are placed within easy reach of children at the grocery checkout, and soft blankets or cozy sweaters are positioned strategically on low tables at a store's entrance.

outsmart it! Hands off. Don't touch the merchandise even to look at the price tag unless it's something you've planned to buy.

THE TACTIC: spacious shopping carts. A cart frees you to touch more things. "Stores that offer baskets or carts sell more than ones that don't," says Underhill. "And when stores increase the size of the baskets, they often find that shoppers purchase more items."

outsmart it! Forget the cart. Or at least opt for the smallest one.

THE TACTIC: shrinking products. This one often goes unnoticed. A "3-pound" can of coffee is now 28 ounces but still costs the same amount. And how about that "half-gallon" of ice cream that's now 1.5 quarts? Though it's not limited to food products, this trick is prevalent in supermarkets.

outsmart it! Know your weights and measures as well as your prices. Pay attention to the unit price listed on the shelf (the cost per ounce, for example). If the item has shrunk, try a different brand or wait for a sale.

THE TACTIC: milk in the back. This trick is as old as they come, yet it will get you every time if you're not mentally prepared. Supermarkets typically put the quick pickup items of milk and eggs way at the back of the store. This forces you to go through the store, exposing you to all kinds of other items that might grab your attention. What was supposed to be a quick stop for milk turns out to be bags filled with other stuff you couldn't resist.

outsmart it! Make a beeline for what you want and leave. Or bring only enough cash for what you need.

THE TACTIC: clever wording. Stores count on the fact that most people assume words like "Special!" or "Hot Deal!" mean the

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outsmart it!
Forget the cart. Or if you really need one, opt for the smallest one. Carry your items and you'll have a much better chance of getting to the checkout without any add-ons.

same as "On Sale!" Don't believe it. A big display of picnic food items with a sign announcing, "Summer Blowout!" is not necessarily filled with great bargains.

outsmart it! Keep track of the regular prices of the items you buy most often; you'll know right away if it's really a sale. If you're not sure, check the shelf label for the regular price or ask a store employee.

THE TACTIC: cosmetics near shoes. These are the two top purchase areas for female mall shoppers. Retailers know that while you're waiting for the clerk to bring shoes to try on, your eyes will wander. Those two minutes are highly profitable, says Underhill, because many women will wander over to cosmetics afterward. And the more mirrors on the counter, the more likely you'll be to buy. Why? Simply catching your image in a mirror reminds you just how much you need new lipstick, he says.

outsmart it! Buy the shoes and get out of there. Or the makeup. Rarely will you arrive needing both.

THE TACTIC: the food court. Of course it's convenient, but it also keeps you at the mall so you'll do more shopping.

outsmart it! Leave the mall once you have what you need. If you do eat at the food court, leave right after.

THE TACTIC: helpful salespeople. Who doesn't like a helpful sales clerk? But just know that, according to Underhill, "The more shopper-employee contact, the greater the average sale."

outsmart it! Seek help only if you really need it. **wd**

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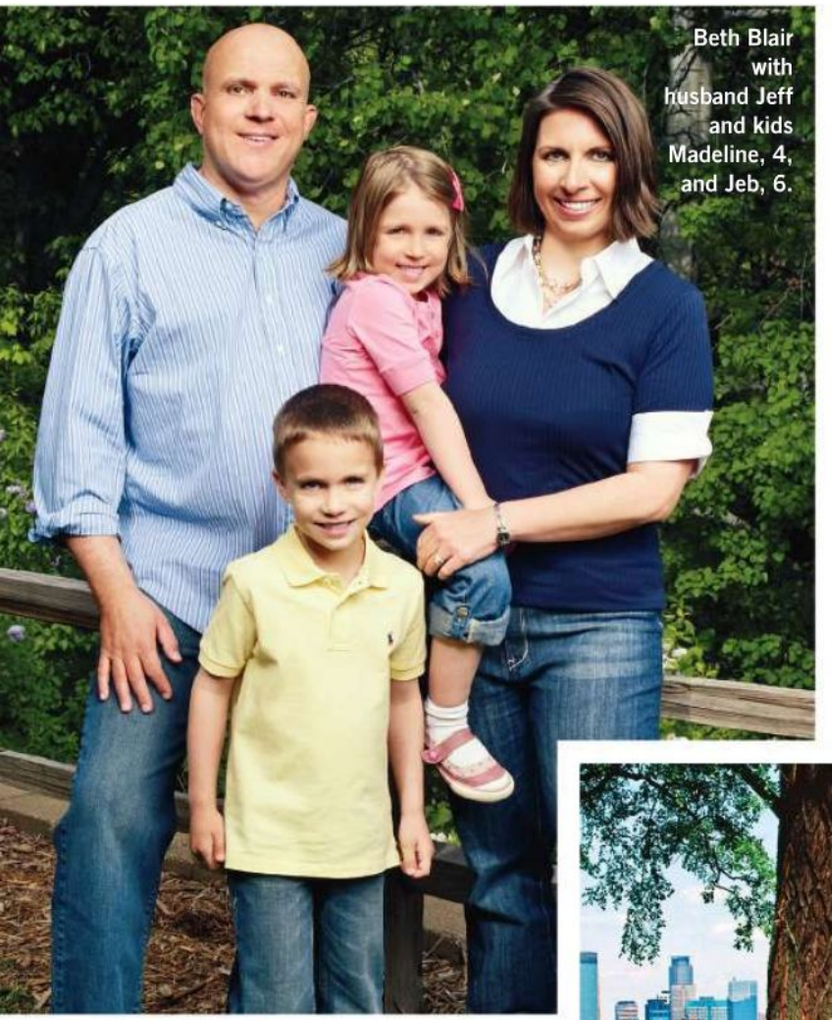
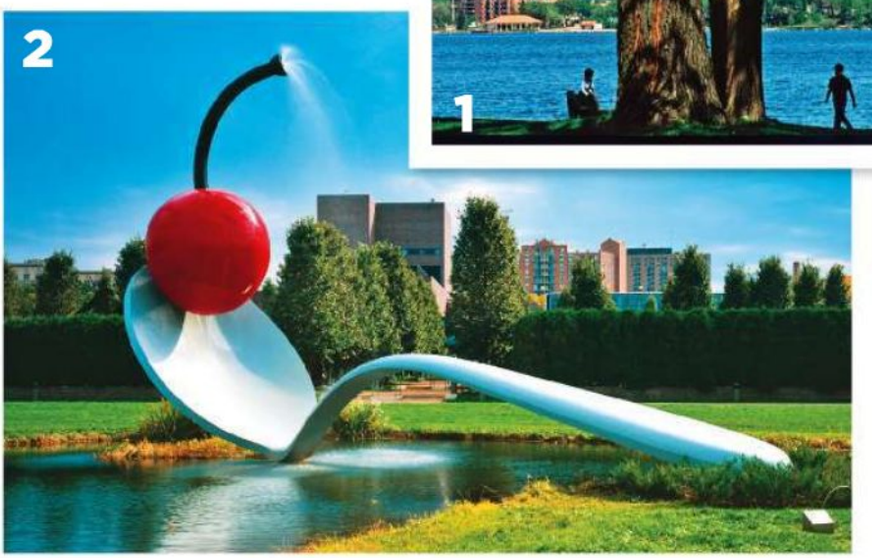
a woman's day in... Minneapolis



Beth Blair with husband Jeff and kids Madeline, 4, and Jeb, 6.

When Beth Blair, 35, moved to Minneapolis last summer because of her husband's job transfer, she knew the "City of Lakes" was the perfect place. "I'm a sucker for the outdoors, and this is a very active city," says the mom of two, a former flight attendant turned writer. With 17 lakes in the city, her family can kayak in the summer and ice-skate in the winter—and that's just for starters. Here, more things Beth loves to do and see.



1. ACTION-PACKED GATHERING SPOT

The Chain of Lakes (*minneapolisparks.org/grandrounds*) "This park area surrounding five connected lakes is the ideal spot to hang out. Pull on your Rollerblades and join the other skaters, hit the jogging path, hop on your bike, rent a canoe, or just spread out a blanket and watch everyone else."

2. FAVORITE PLACE TO SPEND AN AFTERNOON

Minneapolis Sculpture Garden (*garden.walkerart.org*) "There are more than 40 sculptures at this free 11-acre garden. *Spoonbridge and Cherry* by Claes Oldenburg and Coosje van Bruggen is a Minneapolis landmark. My kids love to guess what the sculptures look like."

3. KIDS' FAVORITE ACTIVITY

Mall of America (*www.mallofamerica.com*) "Yes, it's a mall, but it always gets my kids' vote. At 4.2 million square feet, it's more than a place to shop. My kids love the rides at the Nickelodeon Universe theme park, which sits in the center *(Please turn to 58)*

FROM TOP: DAVID BOWMAN; HAIR & MAKEUP BY RENE RATTLER; COURTESY OF MEET MINNEAPOLIS; COURTESY OF THE WALKER ART CENTER.

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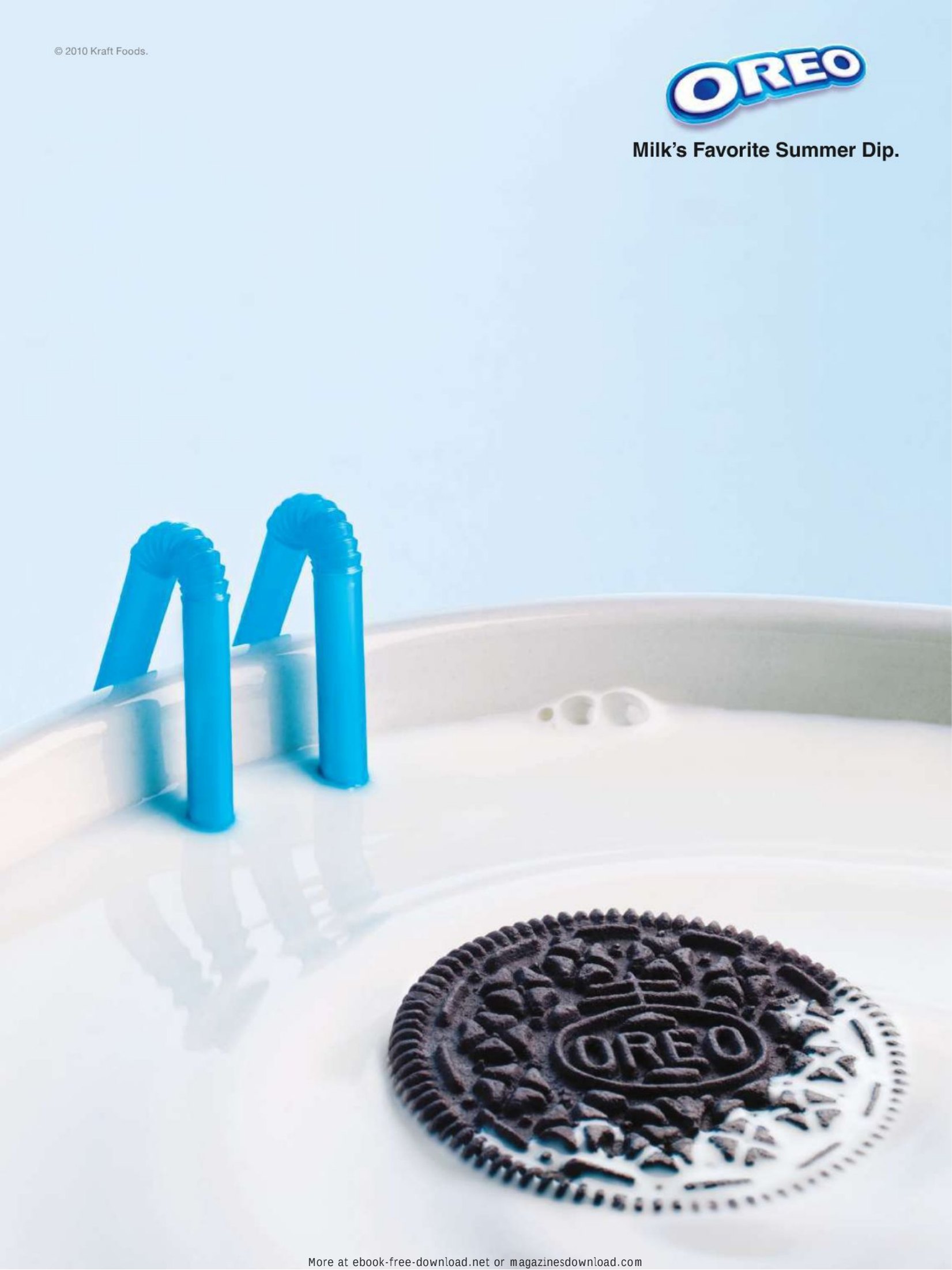
OREO

Milk's Favorite Summer Dip.



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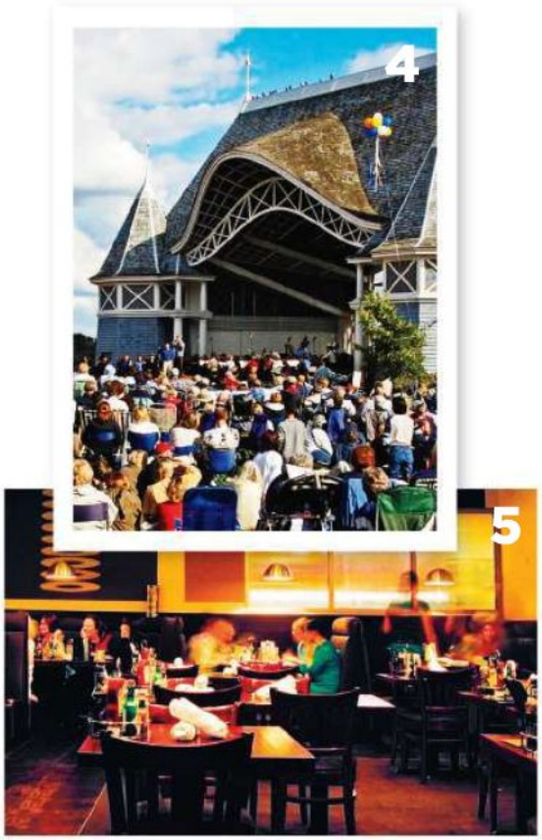

of the mall. There's usually a meet-and-greet with characters like Dora, Diego and SpongeBob, too. There's even an underground aquarium. When you get hungry, you'll have tons of restaurants to choose from. Everything's right there, under one roof."

4. IF YOU WANT TO HEAR LIVE MUSIC Lake Harriet Band Shell (*minneapolisparks.org*) "People pack a picnic and head to this free outdoor venue for great music. From June to September there's a 7:30 P.M. show Monday through Saturday and two performances (2 P.M. and 5:30 P.M.) on Sunday. You'll hear it all: blues, jazz, rock, mostly played by regional bands. And the bandshell is cool—it looks like a castle."

5. WHERE EVERYONE GOES FOR BREAKFAST Edina Grill (*edinagrill.com*) "Located in Edina, just south of Minneapolis, this casual restaurant serves amazing malted waffles. But I always go for the fluffy Oatmeal Flapjacks—they're a healthier choice, but still *sooo* good. Want something with local flair? Try the Walleye & Shrimp Benedict. Fish, shrimp and eggs for breakfast may sound odd, but locals love it. The grill gets crowded on the weekends, so try to get there before 10 A.M."

6. BEST WAY TO ACT LIKE A LOCAL See a Minnesota Wild hockey game (*wild.nhl.com*) "Minnesota is *the* hockey state, and fast-paced action makes hockey the most exciting sport you'll ever watch. My son gets completely caught up in the cheering and chanting of the crowd. The Xcel Energy Center, where the Wild play, is in our sister city,

THIS PAGE, FROM TOP: COURTESY OF MEET MINNEAPOLIS; COURTESY OF EDINA GRILL. OPPOSITE, FROM TOP: COURTESY OF BRUCE KLUCKHOHN; COURTESY OF BETH BLAIR; COURTESY OF MINNESOTA STATE FAIR.

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St. Paul. It's a fantastic indoor venue: clean, easy to navigate, and there's not one bad seat in the whole place."

7. DINNER FOR TWO

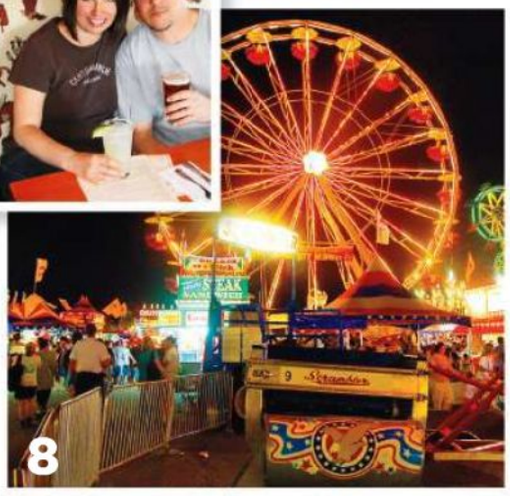
Bar Abilene (*barabilene.com*) "This Tex-Mex restaurant is one of my favorites because of its many margarita flavors, like watermelon, lime and strawberry. Plus, servers make your guacamole right at the table. During the warm-weather months you can sit on the patio and enjoy the evening. There's even a DJ and a small dance floor. It's the kind of casual place where you can kick back, have a few drinks, laugh and have fun with your husband."

8. CAN'T-MISS EVENT

Minnesota State Fair (*mnstatefair.org*) "*Everybody* goes. We're almost obsessed with it. The fairgrounds cover 320 acres and more than a million people come every year. I had a blast last year, especially with all the food-on-a-stick options. It goes way beyond corn dogs—we're talking deep-fried Twinkies and Snickers. Oh, and the chocolate-covered bacon was an interesting highlight! There are also rides, a 4-H animal competition, beer gardens with different brews, and live music. If you're in town between August 26 and September 6 this year, I might see you there!" **wd**

Interview by Angela Ebron

Where to stay? Go to **womansday.com/minneapolis** for suggestions.



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well styled

COCKTAIL CENTRAL

A limestone-topped table and simple wall shelves turn a compact corner into an active hub for storing barware and mixing drinks. This stylish setup is part of a budgetwise kitchen redo. Read on for more bright ideas.

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Without lifting a hammer or breaking the bank, a West Coast couple gets the kitchen they've always wanted

PHOTOGRAPHS BY CORAL VON ZUMWALT

kitchen remix

It's an all-too-common dilemma: What do you do when you have an outdated, totally blah kitchen and a limited budget? Kylie Ferguson and Brock Fletcher, a California-based couple just starting out their lives together in their two-bedroom townhouse, wanted to give their bland kitchen some style and make it more functional, but new countertops, pricey appliances and fancy cabinets were out of their price range. Looking for a solution, the couple turned to interior designer Amy Meier, who came to the rescue with wallet-friendly fixes that required no construction. Thanks to Meier's updates, the formerly drab kitchen is now their favorite room. ▸

before Blond wood laminate cabinets were an eyesore. The awful lighting did nothing to enhance the space. And the appliances were outdated and unattractive. Without a budget for an overhaul, however, Amy Meier focused on what she could salvage. The cabinets and ceramic tile counters lacked style, but they were in great condition. Plus, the layout of the 160-square-foot room was well thought out, with plenty of room for furniture.

PRODUCED BY EDDIE ROSS, WRITTEN BY SARA BLISS

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cozy yet cool By painting existing cabinets and leaving the counters and floorplan intact, Meier created a kitchen that's eco- and budget-friendly. A sisal carpet, wood furniture and bronze hardware warm up the room, while white walls, new appliances and modern lighting give it a contemporary spin.

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recipe for an affordable kitchen redo

Designer Amy Meier transformed this kitchen in just a few short weeks. A few ideas for you to try:

- **make over cabinets.** To give the cabinets a sophisticated look, Meier relied on a decorative painter to apply a strié faux finish. Though hiring a painter is pricey—in this case, it was the biggest single expense—a less costly alternative is to do it yourself (see directions on page 70) or try a faux finish kit from a paint store.
- **update appliances.** Meier replaced energy-hogging, outdated white appliances with sleek, efficient stainless steel versions that instantly modernize the kitchen's look.
- **add furniture.** Because the townhouse doesn't have a dining room, the kitchen has to do double duty. To make the space more cozy, Meier grounded the dining table and Restoration Hardware chairs with a sisal carpet. Now, the kitchen works as well for breakfast for two as it does for dinner parties for eight.
- **swap lighting.** Restoration Hardware was Meier's source for retro-chic lighting options that beautifully illuminate the kitchen's work spaces.
- **accessorize.** At only $160 for 19 pieces, the antique bronze–finish drawer pulls and handles delivered loads of style for a song. Meier also warmed up the kitchen by artfully arranging cookbooks, jars of pasta, serving platters and fruit bowls. ▶

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ENVIRONMENTAL COMFORT INDEX

UNCOMFORTABLE — COMFORTABLE

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SIMPONI,™ a full month of RA relief with one dose a month.

SIMPONI,™ FOR MODERATE TO SEVERE RHEUMATOID ARTHRITIS (RA) IN ADULTS.

Just one dose of SIMPONI™ monthly helps relieve the pain, stiffness, and swelling of RA. Results may not be the same for everyone. SIMPONI™ is used with the medicine methotrexate. Methotrexate is taken as directed. Once you and your doctor are comfortable with the self-injection process, you will inject SIMPONI™ just once a month under the skin.

Ask your rheumatologist if SIMPONI™ (golimumab) is right for you. Please read the Important Safety Information on the adjacent page.

Visit www.4simponi.com or call 888-4 SIMPONI to see if you qualify for a full year of cost support.

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SIMPONI,™ used with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

IMPORTANT SAFETY INFORMATION

SIMPONI™ (golimumab) is a prescription medicine. SIMPONI™ can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI™ and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI™ if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI,™ the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI™ should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI.™ Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.™ Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI.™ Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling.

Please read the Medication Guide for SIMPONI™ and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

25GL09424

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Just one dose, once a month.

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Medication Guide

MEDICATION GUIDE
SIMPONI™ (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?
SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.
- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:
- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer
- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?
SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:
- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?
SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:
- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:
- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?
- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed ***Patient Instructions for Use*** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

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What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects, including:

See **"What is the most important information I should know about SIMPONI?".**

Serious Infections
Hepatitis B infection in people who carry the virus in their blood.
- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - muscle aches
  - dark urine
  - clay-colored bowel movements
  - fevers
  - chills
  - stomach discomfort
  - skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.
- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems
Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.
- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems
Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:
- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems
Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:
- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:
- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?
- Refrigerate SIMPONI at 36ºF to 46ºF (2ºC to 8ºC).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI
Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.
- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?
Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi™
golimumab

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mix it up

To avoid a boring matchy-matchy look, Meier chose a range of finishes, furniture and flooring.

▲ **table top** Though the teak Crate & Barrel table's size (63 inches long) was perfect for the small space, Meier sought a richer finish. To achieve this, the decorative painters sanded down the table and added coats of gray and brown glaze, topping it with waterborne oil.

▲ **flooring** Wide-plank engineered wood floors in a deep walnut finish provide a sturdy contemporary backdrop for the busiest room in the house.

▲ **faux finish how-to** **The subtle strié decorative finish gives the new cabinets an elegant weathered appearance. Here's how to create it.**

- Prepare the surfaces with a mild chemical deglosser (available at paint or hardware stores) to rough up the existing finish. Prime the cabinets; let dry.
- Coat with Benjamin Moore's Branchport Brown paint in Satin finish; let dry.
- Apply a coat of Benjamin Moore's Gettysburg Gray paint in Satin finish over the Branchport Brown, using a chip brush to allow a little of the brown paint to show through. Let dry.
- Apply a brownish glaze over the gray-green paint and, while it's still wet, use a cheesecloth to lightly remove part of the glaze to produce a weathered effect.
- When the surfaces are completely dry, use sandpaper along the beaded edges for a slightly antiqued effect. Wipe off the sand dust with a tackcloth.
- Finish with a dull-sheen polyurethane, like Zar Ultra Max in Antique Flat. **wd**

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go, figure!

Smooth your curves with one of these body slimmers that target trouble spots

frame fixer

Meet your new wardrobe staple. Wear under a dress for an hourglass shape—the underwire cups enhance a small chest or support a full one, and the nylon/spandex fabric tightens everything from bust to hips. (Bali Smooth It Out Mid-Thigh Slip, $44; **barenecessities.com**)

bulge blaster

Three undergarments in one, this stretchy nylon/Lycra number has a molded underwire bra, a high-cut back and a tummy-controlling lace-lined camisole that minimizes muffin top. (Shapeez Lacee Long, $110; **shapeez.com**)

waist whittler

This tank's bust-to-waist mesh lining streamlines your midriff. And the nylon/spandex fabric won't cling to form-fitting clothes. (Assets Fantastic Firmers Open Bust Cami, $26; **loveassets.com**)

bust supporter

A bra that lifts and separates without underwire? Believe it. This seamless microfiber/spandex tank—easily the most comfortable of the bunch—also tucks in your entire torso, making your upper arms look slimmer. (SassyBax The Torso Trim, $68; **sassybax.com**)

chest lifter

A saggy chest and big midsection are no match for this shaper. Plus, its silky nylon/spandex fabric is undetectable under fitted tops. (Spanx Simplicity Lingerie Strap Cami, $46; **spanx.com**)

top modeler

An inner panel on this nylon/elastane tank holds everything in underneath a roomy top layer. A racerback provides extra bust lift. (Flexees Fat Free Dressing Racer Back Tank Top, $40; **kohls.com**) ▶

BURCU AVSAR; ON-SET STYLING BY MARIANA VERA.

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EVERYDAY confidence

A SERIES

Sherri:
A Fabulously Real *Woman's Day* Reader

I was living a calm existence. I had a steady job and was adjusting to an empty nest. I was happy with my life, but was searching for new exhilarating experiences that would enable me to live my life to the fullest.

Then my life changed. I reconnected with two wonderful old friends online, and we quickly realized that although we were in different parts of the country with different backgrounds, we were experiencing the exact same sense of longing. We were craving something exciting and different, so we decided to meet and fulfill our dreams.

The three of us laugh and travel together while squeezing every drop out of life. We have traveled all over the country and have enjoyed remarkable experiences, from playing with dolphins in Florida to indulging in local delectable delights in Arizona. We even recently learned how to drive a stock car. Everyone assumed I would get in the car and crawl along, but I was happy to prove them wrong. I peeled off, and they had a hard time getting me to stop. I'm having a fabulous time at this point in my life!

***Woman's Day* and the Ban® Brand Team are proud partners with Dress for Success**, an organization that instills the confidence women need to be their best. And this summer, the Ban® Brand Team will help open the door for a lucky Dress For Success woman to experience an exciting summer mentorship at *Woman's Day*!

Visit **dressforsuccess.org** to learn more, donate your time, and inspire another fabulous woman just like you.

ENTER NOW!

Go to **WomansDay.com/diary** to enter for your chance to **ENJOY THE JOURNEY** with items that are sure to enhance your next road trip.* *Woman's Day* and the Ban® Brand Team think you could be on the road to fulfilling your dreams!

Ban® deodorants are the effortless, easy choice for the confident you. You get excellent 24-hour odor and wetness protection in the invisible solid, roll-on or clear gel antiperspirant and deodorant forms, that keeps you fresh and cool with all your daily activities. Don't Sweat the Small Stuff™.

DRESS FOR SUCCESS®

*NO PURCHASE NECESSARY. VOID WHERE PROHIBITED. To enter, and for rules and more details, go to www.WomansDay.com/diary from July 6, 2010 to August 2, 2010.

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For the best fit, step into shapewear—even camisoles—to pull your curves up and into place.

image converter

MiracleBra devotees, take note: You can wear any bra with this nylon/spandex waist definer. Great under a pencil skirt, it has built-in underwear (no panty lines!) and can be worn with or without straps. (Flexees Take Inches Off Wear Your Own Bra Slip, $55; **kohls.com**)

tummy tucker

When you want slimming action with a little breathing room, try this high-waisted polyester/elastic slip that sits below your bra and is easy to get into. A sticky silicone lining keeps it from falling down. (Yummie Tummie Shaping Slippie, $68; **barenecessities.com**)

rear ender

Yes, you can fit into your skinny jeans, thanks to this velvety nylon/spandex panty that slightly smoothes the rear and flattens the stomach. (Donna Karan Luxe Hipster, $26; available at Lord & Taylor and Bloomingdale's)

thigh trimmer

Trousers call for a shaper with inner-thigh panels that slim legs. A stomach section reins in your waist, and seamless hems keep the nylon/elastane shorts invisible under pants. (Inspirations Thigh Slimmer, $13; available at Kmart)

arm wrestler

Layer this nylon/Lycra top under shirts, adjust sleeves above or below the elbow and wave goodbye to underarm jiggle. An elastic waistband ensures it won't budge. (Slimpressions The Haves, $72; **slimpressions.com**)

ultimate shaper

If it looks scary, that's because it works frighteningly well. The bodysuit—which can be worn with dresses, skirts or pants—brings up the rear with a puckered panel, pulls in your upper body with heavy-duty nylon and trims legs with surprisingly comfortable elastic. And if nature calls, well, there's a hook-and-eye opening for that! (Annette Secret Weapons Long Leg Body Briefer, $75; **barenecessities.com**) **wd**

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COPD left me short of breath. Now I take SYMBICORT. 160/4.5

It's a maintenance medication that helps significantly improve my lung function starting within 5 minutes. And it makes a significant difference in my breathing.*

*Results may vary.

Remember, SYMBICORT does not replace a rescue inhaler for sudden symptoms.

Talk to your doctor about SYMBICORT today.

FREE PRESCRIPTION OFFER†

Call 1.888.312.0793 or visit MySymbicort.com/offer

†Subject to eligibility rules. Restrictions apply.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information about SYMBICORT for COPD

Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.

SYMBICORT may increase your risk of lung infection, osteoporosis, and some eye problems (cataracts or glaucoma). You should have regular eye exams.

Thrush in the mouth and throat may occur.

Tell your doctor if you have a heart condition or high blood pressure before taking SYMBICORT. Do not use SYMBICORT with another long-acting beta$_2$-agonist for any reason. SYMBICORT does not replace fast-acting inhalers for sudden symptoms.

Approved Uses for SYMBICORT for COPD

SYMBICORT 160/4.5 is approved for adults with COPD, including chronic bronchitis and emphysema. You should only take 2 inhalations of SYMBICORT twice a day. Higher doses will not provide additional benefits.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For more information, call 1-888-312-0793 or go to MySymbicort.com/offer.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com.

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing in adults with COPD.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta$_2$-agonist medicine, or LABA. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are allergic to any medications
- are exposed to chicken pox or measles
- **are pregnant or planning to become pregnant** because it is not known if SYMBICORT may harm your unborn baby
- **are breast-feeding** because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to be sure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional.

SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing and spit the water out
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Brovana®, or Perforomist®

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

Patients with COPD

- Oral thrush

Long-acting beta$_2$-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

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Visit **www.MySymbicort.com.**
Or, call **1-866-SYMBICORT**

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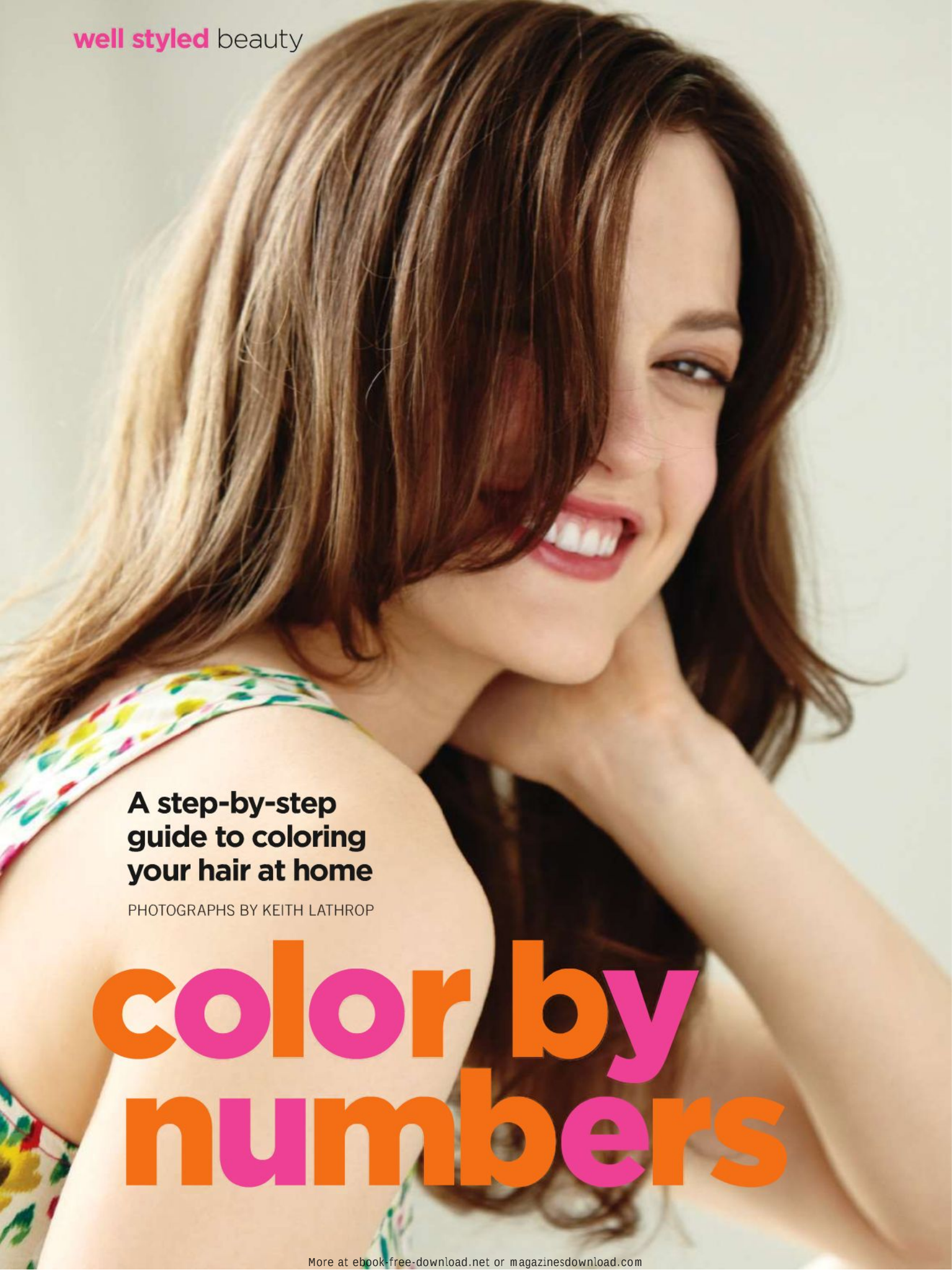

A step-by-step guide to coloring your hair at home

PHOTOGRAPHS BY KEITH LATHROP

color by numbers

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NO DOUBT ABOUT IT, coloring your hair at home saves time and money. If you're still hesitant to give it a try, we've got some good news: Home haircolor kits are easy to use (and their formulas are gentle to your hair). Follow our steps and you'll achieve great results.

STEP 1 select a color

When it comes to choosing a single-process shade, which will alter the overall color of your hair, you can go lighter or darker as long as you stay within one or two shades of your natural hue. Don't go by the model on the box. It's better to use the color guide on the side, which is a more accurate indicator of the results you can expect based on the color of your hair. If your current hair color isn't pictured, put down the box—that color won't work for you. At-home color kits are best for enhancing your natural color and for covering gray. Don't rely on them for drastic changes like going from brunette to blonde. Visit a salon and let the pros handle that.

STEP 2 condition your hair

Two days before coloring, apply a deep-conditioning treatment to help strengthen hair. This will also give dry or damaged strands an added dose of moisture to help absorb the color better. We love the Aussie 3 Minute Miracle Deeeeep Conditioner ($3.25; at drugstores). Then wash your hair the night before you're going to color, not on the same day (your nails could accidentally scratch your scalp and cause the fresh color to irritate your skin).

STEP 3 prep the bathroom

Create an at-home haircolor kit by gathering the essentials: a wide-tooth comb (to help section hair), four large hair clips (to secure sections), a kitchen timer (so you don't need to stare at the clock), a jar of petroleum jelly (to apply along your hairline to protect your skin from staining) and an old button-down shirt (easier than a T-shirt; you won't have to slip it over your hair before rinsing). You can stow these items in a bucket under your sink, so they'll always be on standby when you need a touchup.

STILLS: TODD HUFFMAN

STEP 4 read the instructions

Sounds obvious, but this step is both the easiest and the most ignored. Take the time to read through the instructions before coloring (don't just rely on the photos). Every kit is different, and the instructions explain exactly how to mix and apply the color correctly as well as how long to keep the solution on your hair. And be sure to wear the gloves that come in the box to keep your hands from getting stained.

"Trying to choose the right shade for you? Let your skin tone be your guide. If your skin is warm, with golden or peach undertones, go for colors that have a golden or red cast. Cool skin tones with pink, blue or olive undertones look best with dark to ash brown or bright blonde hair."

Patrick McIvor, artistic color director, Matrix

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STEP 5 divide & conquer

A Using the comb, divide dry hair into four sections: down the middle, then across the center from side to side. Twist and clip each section.
B Starting with a front section, unclip hair and apply color along the roots.
C With your gloved fingers, gently run color from roots to ends. Repeat on each section.

STEP 6 set a timer

Once you've finished applying color to your last section of hair, start the timer for the amount of time indicated on the box. This will ensure that your color has enough time to properly develop. Most solutions are formulated to automatically stop processing after the time indicated, so leaving dye on longer shouldn't change the results—but leaving it on for less time will.

STEP 7 rinse and shine

When the timer rings, rinse and shampoo your hair. Always follow up with a deep conditioner; most coloring kits include one. The conditioner will help seal in color and smooth down your hair's cuticle (the outer layer, which lifts up during the coloring process) to promote healthy, shiny hair.

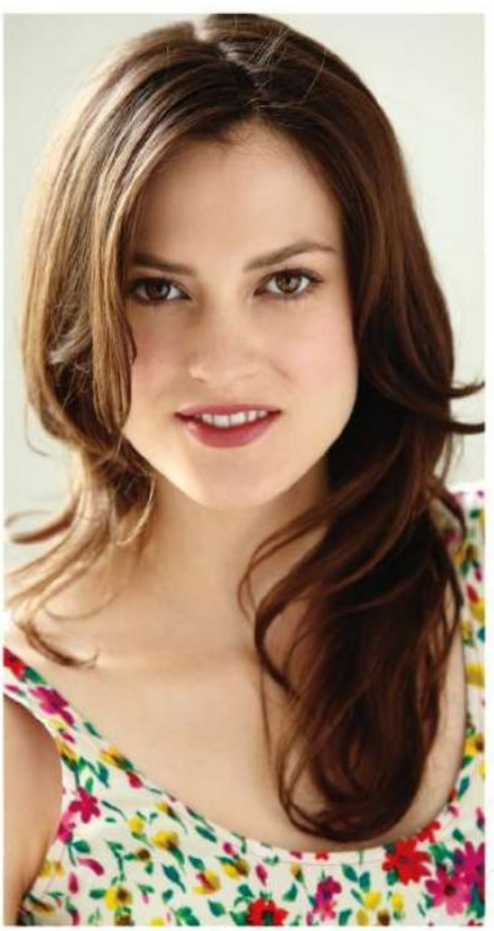
"Your ends are porous and absorb more color, so always start at your roots."

Chuck Hezekiah, Garnier haircolor expert

make it work

Get the results you desire

- Remember, hair looks different wet than dry, so always dry your hair after coloring to see the final shade.
- If you're unhappy with the result, don't panic! Call the toll-free number on the box and talk to a haircolor expert, who can help you fix the problem. For example, if some of your gray is still showing, they may recommend you shampoo your hair and do a touchup application 48 hours later.
- Be proactive: Call and speak to a haircolor expert before coloring to get extra tips on applying that specific kit.



HAIR + MAKEUP BY BELINDA ZOLLO AT KATE RYAN FOR BOBBI BROWN AND BUMBLE & BUMBLE.

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no gray™ penetrates your hair to ensure ***100% Gray Coverage***

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Prove it to yourself!

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true colors

Ready for a hair makeover? Each of these kits will work wonders in just 10 minutes.

▲ Hide gray with Clairol Natural Instincts Rich Color Crème. It lasts through 28 shampoos and contains a 6-week supply of a weekly deep conditioner to keep hair soft and shiny. ($8.99; **drugstore.com**)

▲ To enhance your natural color and cover gray, try Garnier HerbaShine. It contains bamboo extract to help strengthen hair and is ammonia-free so there's no unpleasant odor. ($7.99; at drugstores)

▲ Keep your gray roots hidden for up to 6 weeks with L'Oréal Paris Excellence To-Go Crème Colorant. Use the twist-off tip applicator to color all your hair, or the comb for a root touchup. ($9.49; at drugstores)

▲ For stubborn grays, add No Gray Hair Color Additive to your favorite hair color kit. It instantly mixes in (without affecting the shade) and helps the color penetrate for complete coverage. ($4.99; at Walgreens)

HAIRCOLOR FAQ

The pros tackle your biggest haircolor concerns head-on.

How often will I need to color my hair? To keep up with gray roots, most people need to reapply color every 4 to 6 weeks. The good news? You don't need to apply color to your whole head. Instead, divide your hair into several sections and apply color just to the regrowth areas along the roots. The pros also suggest using a cotton swab to help evenly spread color to targeted areas.

How long should I wait to wash my hair? After the initial wash to rinse out the haircolor, try to wait 24 hours to shampoo it again. This allows the color to set. Also, always try to use a shampoo formulated for color-treated hair, like Pureology Serious Color Care Hydrate Shampoo, which has UVA/UVB filters to protect color from fading ($27; **pureology.com** for salons).

How can I keep my color lasting longer? Try to avoid long amounts of time in the sun, since its rays help fade color fast. To prevent fading, coat wet hair with a UV filtering spray, like Sebastian Professional Halo Mist UV Filter Weightless Shine Spray ($16.95; **sebastianprofessional.com** for salons).

I'm afraid my skin will have a reaction to the dye. Can I test a product without having to buy more than one kit? One at-home color kit is all you need. Purchase it at least 2 days before you plan to color your hair so you can perform an allergy test. Unscrew the caps of both the Colorant and Developer. Measure a teaspoon of both solutions, tightly close the caps on both, and mix them in an old plastic container. On a clean, dry area on the inside of your elbow, apply a dab of color with a cotton swab and let it dry. If no rash or irritation occurs after 2 days, you can color your hair.

The haircolor aisle can be overwhelming. How else can I select a shade? Visit **womansday.com/makeover** and upload a self-portrait. We've teamed up with **dailymakeover.com** so that you can virtually try on and wear new shades.

TODD HUFFMAN

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For legs like Pure Silk.

Shaving with soap and water won't get you this soft or this smooth. Enjoy soothing aloe and emollients to help prevent nicks and cuts And magnificent moisturizers for legs that look and feel like pure silk!

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be well

GET YOUR D LEVELS CHECKED

If you eat well or take a multivitamin, you probably assume that you're getting plenty of vitamin D, but experts say most women aren't. That's a problem, since low levels have been linked to heart disease, depression, osteoporosis and even cancer.

"Ask your doctor to check your vitamin D levels [with a blood test] so she can tell you how much you need and possibly recommend a supplement," says Sue Penckofer, RN, PhD, a vitamin D researcher at Loyola University. In the meantime, turn the page to find out how to boost your intake.

KANA OKADA; PROP STYLING BY PAMELA DUNCAN SILVER.

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by Abigail L. Cuffey

HOW TO GET MORE D

GET SOME SUN. The most natural (and best) way to get D, says Dr. Penckofer, is to let your body make it—which it does when your skin is exposed to the sun. She explains that spending 10 to 15 minutes outdoors on a sunny day with your arms and legs exposed (no sunscreen) is an easy way to maintain vitamin D levels. In theory, you could get that much by walking to and from your car throughout the day. (If you're going to be outside for longer, be sure to apply sunscreen.) But if you generally stay indoors during the day, tend to wear long-sleeved shirts and pants when you go outside or are at high risk for skin cancer, you need another D source.

TAKE A SUPPLEMENT. It's the next best thing to sunshine. Your doctor can recommend the proper amount for you based on testing, but most experts say women should take between 1,000 and 2,000 IU a day (a typical multivitamin may only provide 400 IU). If you decide to start a supplement, choose D3—the kind your body makes from sun exposure—and take it with food that has a little bit of fat to help you absorb it.

EAT D-RICH FOODS. Unfortunately, there aren't many of them. "It's nearly impossible to get the necessary amount from food alone," says Kerry Neville, RD, a spokeswoman for the American Dietetic Association. Still, you'll find some D in salmon, tuna and mackerel, as well as fortified milk and cheese, egg yolks and mushrooms.

[FIX IT!] A SMARTER SIT-UP

"This abdominal toner is a basic, yet you'd be surprised how many people do it incorrectly," says **BILL TRIMBLE**, a certified trainer based in New Jersey.

WRONG

Many people pull on their neck, which can cause strain and, eventually, pain. Another mistake: Sitting up and lowering down completely, which puts pressure on the disks of the spine and lower back and makes the move less effective.

RIGHT

Bend your knees at a 90-degree angle and cross arms in front of chest. As you contract abs and move elbows toward knees, keep your lower back on the floor. Lift with your abs—not your head—and don't go past a 45-degree angle.

TOP AND BOTTOM: KEITH LATHROP; BOTTOM: HAIR & MAKEUP BY BELINDA ZOLLO AT KATE RYAN FOR BOBBI BROWN AND BUMBLE & BUMBLE; NIKE TOP AND SNEAKERS AVAILABLE AT *ZAPPOS.COM*; ATHLETA PANTS AVAILABLE AT *ATHLETA.COM*.

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There's a new OTC product for frequent heartburn.

It has a patented dual ingredient, prescription strength formula

to relieve your heartburn for 24 hours, all day and night.*

It's called Zegerid OTC.™ Discover the Difference.™

ZegeridOTC.com

*Use as directed for 14 days to treat frequent heartburn. May take 1–4 days for full effect. Product contains 20 mg omeprazole.

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MANAGE YOUR MEDICAL RECORDS

We see an average of 19 doctors in our lifetime—that's at least 200 pages of medical records in many different offices. That's why it's crucial for *you* to have copies of all your records. If you're not great at handling paper, an online record management program can help you organize everything in one place. You enter the info yourself, so you may need to consult your doctors if you don't have all the data. Just be cautious about choosing a program, says Ashish Jha, MD, MPH, associate professor at the Harvard School of Public Health. It's best to pick one backed by a large medical institution, such as the Mayo Clinic's Health Manager (free at *healthmanager.mayoclinic.com*). And always read the privacy policy, says Dr. Jha. It should state that the institution won't sell or share your info with anyone, including marketers and insurance companies, and that the only people they'll allow to see it are those you designate.

Not ready to go electronic? Keep your own DIY paper file. Include your name, birth date, blood type, emergency contacts, medicines/dosages, allergies, date of your last physical, dates and results of tests and screenings, dates of major illnesses and surgeries, chronic conditions and family health history.

BRAIN GAME

STAY SHARP WITH WD

Welcome to the first of our brain-boosting activities that will appear in every issue! Solving crosswords, sudoku puzzles or other brain teasers promotes communication between brain cells, which may delay the onset of memory loss and diseases like Alzheimer's, says Paul D. Nussbaum, PhD, neuropsychologist and author of *Save Your Brain.* Try this sudoku puzzle today.

HOW TO PLAY: Enter a number from 1 through 9 in each square, making sure each square in every row, column, and nine-square region (marked by a bold line) contains a different number. Find the solution online at **womansday.com/answers** or in the next issue.

Puzzle provided by *sudoku-puzzles.net* [medium difficulty]

	9		6	4	8		3	
7								2
		3				6		
2	1		4		5		8	6
				7				
3	4		1		9		5	7
		1				4		
9								8
	7		2	1	3		6	

TOP LEFT: SHUTTERSTOCK.

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someone who's got what you've got is out doing what you're not

Help prevent asthma symptoms before they start. Talk to your doctor about prescription SINGULAIR. Once-a-day SINGULAIR is proven to help control asthma symptoms for 24 hours. It helps relieve indoor and outdoor allergy symptoms too. Help prevent asthma symptoms—help yourself breathe a little easier while doing the things you want to do. Ask your doctor about steroid-free SINGULAIR.

IMPORTANT SAFETY INFORMATION

SINGULAIR is not a rescue medication. Always carry a prescribed rescue inhaler for emergencies or sudden symptoms. If your asthma symptoms get worse or you need to increase the use of your fast-acting inhaler, call your doctor at once.

Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the following page and discuss it with your doctor.
To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-36.

ONCE-A-DAY
SINGULAIR
(MONTELUKAST SODIUM)

MERCK patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help.
Call 888-MERCK-36 or visit merck.com/merckhelps.

Enroll now in the Asthma Information Resource (A.I.R.) Program. Learn ways to help manage your asthma.

Eligible patients may also **save money** on prescriptions for SINGULAIR* Go to **AIRforasthma.com** to enroll now and start receiving asthma information today. As a member of the A.I.R. Program, you'll have access to helpful tips on:

- Getting the most out of your doctor appointment
- Understanding asthma
- How to recognize things that can trigger an attack
- How to be active with asthma
- **Money-saving** offers for eligible patients*

This is not a coupon.

*Not all patients are eligible. Restrictions apply. See terms and conditions at AIRforasthma.com.

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Patient Information
SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR*?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- **Pregnancy:** If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding:** If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies:** Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines:** Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms**:

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only
US Patent No.: 5,565,473

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POISON IVY PRIMER

Feeling itchy after that hike? It could be allergic contact dermatitis, a.k.a. poison ivy. Three plants—poison ivy, poison oak and poison sumac—contain an oily substance called urushiol that causes a red, bumpy rash in many people (a lucky 25 percent don't react to it!).

If you think you've come in contact with these plants, wash the area with soap and water ASAP. If you do it within 15 to 20 minutes, you may stop a reaction, says Joseph Fowler, MD, clinical professor of dermatology at the University of Louisville. "After that, the urushiol has usually penetrated the skin and washing won't prevent a rash, but it can reduce the severity." Also wash any clothing, boots or tools that you wore or used; if the oil remains, it can cause a reaction weeks or months later.

Of course, the key to preventing a rash in the first place is knowing what the three culprits look like and avoiding them! Amy Stewart, author of *Wicked Plants,* helps you identify the perpetrators.

1

Poison sumac is a tree found in swamps and watery areas in the eastern U.S. It has oval leaves with a pointed tip that run in pairs along the stem, often with one leaf sticking out at the end; it produces cream-colored berries in the fall.

2

Poison ivy is a vine found in woods and open fields in the eastern half of the United States. The leaves are sometimes described as almond-shaped, and they grow in threes. They also produce creamy white berries in fall.

3

Poison oak is found in both eastern and western parts of the U.S. It looks more like a shrub and has leaves shaped like oak leaves, which turn red in the fall.

treatment OPTIONS

A poison ivy rash may clear up on its own—but it could take 2 to 4 weeks! For faster relief, try these suggestions from John Wolf, MD, chair of the dermatology department at Baylor College of Medicine.

Apply an over-the-counter hydrocortisone cream (available at your local drugstore) 2 or 3 times daily.

Use an anti-itch lotion that contains calamine and menthol to ease the itch and inflammation.

Take an over-the-counter antihistamine such as Benadryl or Zyrtec, which quells itchiness by blunting your body's reaction.

Take an oatmeal bath with tepid water. Try a soothing product like Aveeno Skin Relief Bath Treatment; it's more concentrated than a self-made mix.

See a doctor if... OTC products don't help after 2 or 3 days, blisters are oozing (you may have an infection), sensitive areas (like eyes or mouth) are affected, or if you develop a fever higher than 100°F.

DID YOU KNOW? IvyBlock (*ivyblock.com*) is the only FDA-approved OTC barrier cream that contains bentoquatam, an ingredient that prevents your skin from absorbing urushiol from poison ivy, oak and sumac. "Use it as you would a sunscreen," says Dr. Fowler. Apply to exposed areas 30 minutes before outdoor activity such as gardening or hiking.

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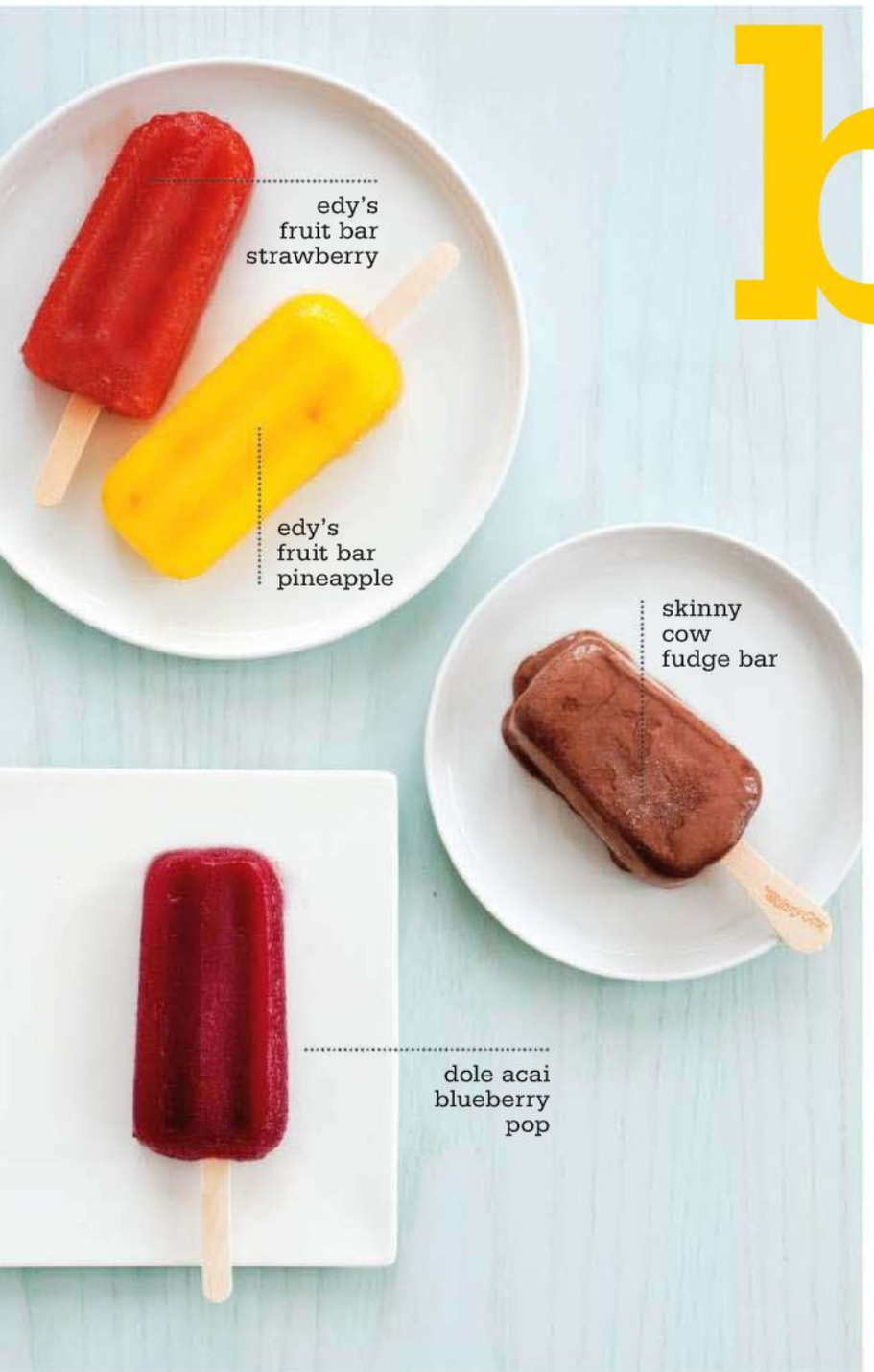
chill out

What's the difference between sherbet, sorbet and all those "light" ice creams and frozen yogurts? Here's how to pick the healthiest (and tastiest!) frozen treats by Joy Bauer, RD



Browse the frozen foods section of your local supermarket for a treat that tastes good but won't pack on the pounds and you could very well get brain freeze: Ice cream alone comes in premium, light, reduced-fat, fat-free and sugar-free versions, and then there's frozen yogurt, sherbet, sorbet, ices…you get the picture. Choosing can be daunting—but never fear, I'm about to help you find the best-tasting, healthiest ones around.

the frozen facts

We tend to refer to most frozen dairy concoctions as "ice cream," but the FDA actually has strict labeling criteria for this type of dessert:

- **ice cream** is a mix of dairy products, and contains at least 10 percent milk fat (but many versions have much more).
- **"reduced fat" ice cream** contains at least 25 percent less total fat than the "original product"—which is either an average of leading brands' products, or the company's own.
- **"light" ice cream** has at least 50 percent less total fat, or 33 percent fewer calories, than the referenced product.
- **"lowfat" ice cream** contains a maximum of 3 grams total fat per ½-cup serving.
- **"nonfat" ice cream** contains less than 0.5 grams of total fat per ½-cup serving.

"Lowfat" and "nonfat" labels are standard, so you know you're getting no more than 3 grams of fat per serving when you see those words. But premium ice creams, such as Häagen-Dazs and Ben & Jerry's, have more than 10 percent milk fat, which means that even "reduced fat" or "light" versions can be high in fat (and calories). For example, ½ cup of Ben & Jerry's Phish Food light ice cream has 210 calories *(Please turn to 96)*

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Information For Patients About
Cymbalta® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

What is depression?

Depression is a serious medical condition with a variety of symptoms. Symptoms may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, trouble concentrating or making decisions, fatigue, changes in appetite or sleep patterns, aches and pains, irritability, and anxiety. For some, depression can include thoughts of death or suicide. These could be depression symptoms if they go on for two weeks or more and interfere with your daily activities.

How is Cymbalta believed to work?

Although the exact way Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine, which are two naturally-occurring substances in the brain and spinal cord.

When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.
- You have uncontrolled narrow-angle glaucoma (increased eye pressure).
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
- About your alcohol use.
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
- If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta.
- If you are pregnant, plan to become pregnant, or are nursing.
- If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs.
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels.
- If you develop problems with urine flow while taking Cymbalta.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

What are the possible side effects of Cymbalta?

- In clinical studies of depression, the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, decreased appetite, fatigue, sleepiness, and increased sweating.

This is not a complete list of side effects. For full patient information, visit www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

What happens when I stop taking Cymbalta?

Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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CHILL OUT

CONTINUED and 6 grams of fat. That may not sound like a lot, but most flavors of Edy's/Dreyer's Slow Churned, Breyers Smooth & Dreamy, and Turkey Hill light ice creams clock in at about 120 calories per serving and 3 grams of fat.

is frozen yogurt healthier?

The main difference between frozen yogurt and ice cream is the addition of yogurt cultures, which can help keep up the "good" bacteria levels in your stomach and help prevent digestive issues. Problem is, not all yogurt cultures survive freezing, and since dead ones don't do you any good, you're better off choosing based on taste and fat and calorie content.

Many frozen yogurts have the same amount of calories and fat as light ice creams—see my favorite picks below. If you want more "culture" in your diet, go for regular (nonfrozen) yogurt with live, active cultures.

sherbet and sorbet sorted out

Most sherbets and sorbets have about the same number of calories as a "light," "lowfat" or "nonfat" ice cream or frozen yogurt, but what they lack in fat they make up for in sugar, which in my opinion makes them no healthier. They also don't have the calcium and protein content of dairy-based desserts—and I'd rather you pick a treat that has a little nutrition in it. Ices are even worse, because they're just water, sugar and usually artificial coloring.

Some brands, such as Whole Fruit Sorbet, contain puréed fruit in the top three ingredients. This can mean they're healthier, as long as they don't have tons of added sugar.

The main difference between sherbet and sorbet? Sherbet has a small amount of milk fat (1 or 2 percent) and sometimes a bit of egg white or gelatin for texture. Calorically speaking, these additions don't add up to much, but if you're a vegetarian, or allergic to milk or eggs, this can be quite important.

no dairy, no problem

Nondairy frozen desserts (other than sorbets and ices) are usually made with soy or rice milk, or even coconut or hemp milk. They're *not* healthier than dairy desserts, but they do allow those who need or want to avoid dairy to indulge in one of life's true pleasures (I do scream for ice cream!). *(Please turn to 100)*

BEST BETS

ICE CREAM & FROZEN YOGURT
- Breyers Smooth & Dreamy Fat Free
- Breyers Double Churn Light, No Sugar Added
- Blue Bunny Fat Free, No Sugar Added
- Edy's/Dreyer's Slow Churned Light
- Turkey Hill Light Recipe, Fat-Free No Sugar Added Recipe
- Turkey Hill Frozen Yogurt (no Peanut Butter Pie or Chocolate Marshmallow)

SORBET
- Whole Fruit Strawberry Sorbet
- Julie's Organic Mango Passion Sorbet
- Sharon's Sorbet (except Dutch Chocolate, Coconut and Lemon)

DAIRY ALTERNATIVES
- It's Soy Delicious
- Soy Dream Vanilla and French Vanilla

SINGLE SERVE
- Whole Fruit Bars (no Coconut)
- Edy's or Dole Fruit Bars
- Fudgsicle Fat Free, Low Fat and No Sugar Added Bars
- Tofutti Chocolate Fudge Treats
- Skinny Cow Fudge Bars, Truffle Bars, Dippers

ON THE GO
- McDonald's Vanilla Reduced Fat Ice Cream Cone
- Baskin Robbins BRight Choices (2½-oz scoop)

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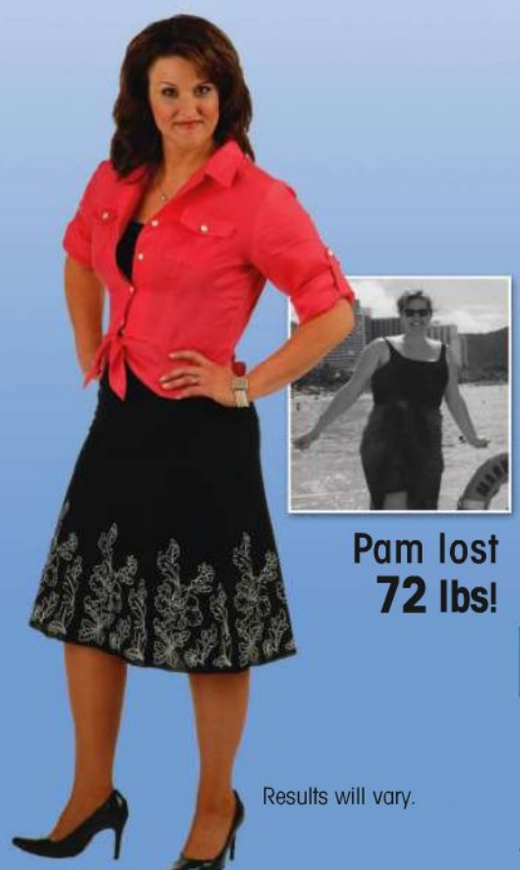

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joy's frozen hot chocolate

Some of the soy-based brands keep a lid on calorie and fat content, but the stats on the rice, coconut and hemp products blew me away. For example, Luna & Larry's Coconut Bliss line has 200 to 250 calories, 12 to 18 grams total fat, and 11 to 13 grams saturated fat per ½ cup! That's more than even some regular ice creams.

make your own!

My slimmed-down take on Frozen Hot Chocolate—a signature dessert at Serendipity, a Manhattan restaurant—is one of my favorites. This version is just 150 calories and has virtually no fat.

½ cup chocolate syrup
1 cup fat-free evaporated milk
½ teaspoon vanilla extract
3 cups ice cubes
Garnish: reduced-fat whipped topping and/or dark chocolate shavings

1. Combine chocolate syrup, evaporated milk, vanilla and ice in a blender until smooth.
2. Pour into glasses. Garnish with a dollop of whipped topping and/or a sprinkling of chocolate shavings if desired.

Variations **Mexican Hot Chocolate:** Add ¼ tsp ground cinnamon. **Peppermint Hot Chocolate:** Substitute ¼ tsp mint extract for the vanilla extract. 150 cal, 5 g pro, 0 g fat, 85 mg sod **wd**

Recipe from the book *Slim & Scrumptious:* *More Than 75 Delicious, Healthy Meals Your Family Will Love* by Joy Bauer. Copyright 2010 by Joy Bauer. Published by William Morrow Cookbooks, an imprint of HarperCollins Publishers.

JOY'S BOTTOM LINE

- **Read the Nutrition Facts on the label** before buying, and watch portions. It's easy to scoop out more than the ½-cup serving size, so measure carefully and use a small bowl to make the serving appear larger.
- **Look for options with no more than 130 calories and 3 grams of saturated fat or less per serving.** Try to keep sugar to no more than 16 grams per serving for light ice cream and frozen yogurt, 24 grams for sorbet or sherbet, and 12 grams for dairy alternatives. Also, sugar-free or "carb-conscious" ones are not always lower in calories, and many have more fat.
- **If you like extras, keep sugar, calories and fat down** by buying a plain-flavored (chocolate, vanilla) lowfat base. Then add whole-grain cereal, a few chopped almonds or a teaspoon of dark chocolate chips for a healthy crunch.

Got a question for Joy? E-mail her at joy@womansday.com.

TOP: CON POULOS; FOOD STYLING BY STEPHANA BOTTOM; PROP STYLING BY MOLLY FITZSIMONS. BOTTOM: COURTESY OF JOY BAUER.

Joy Bauer, RD, is the *TODAY* show nutrition/diet expert and bestselling author of *Slim & Scrumptious*. Learn more at *joybauer.com*

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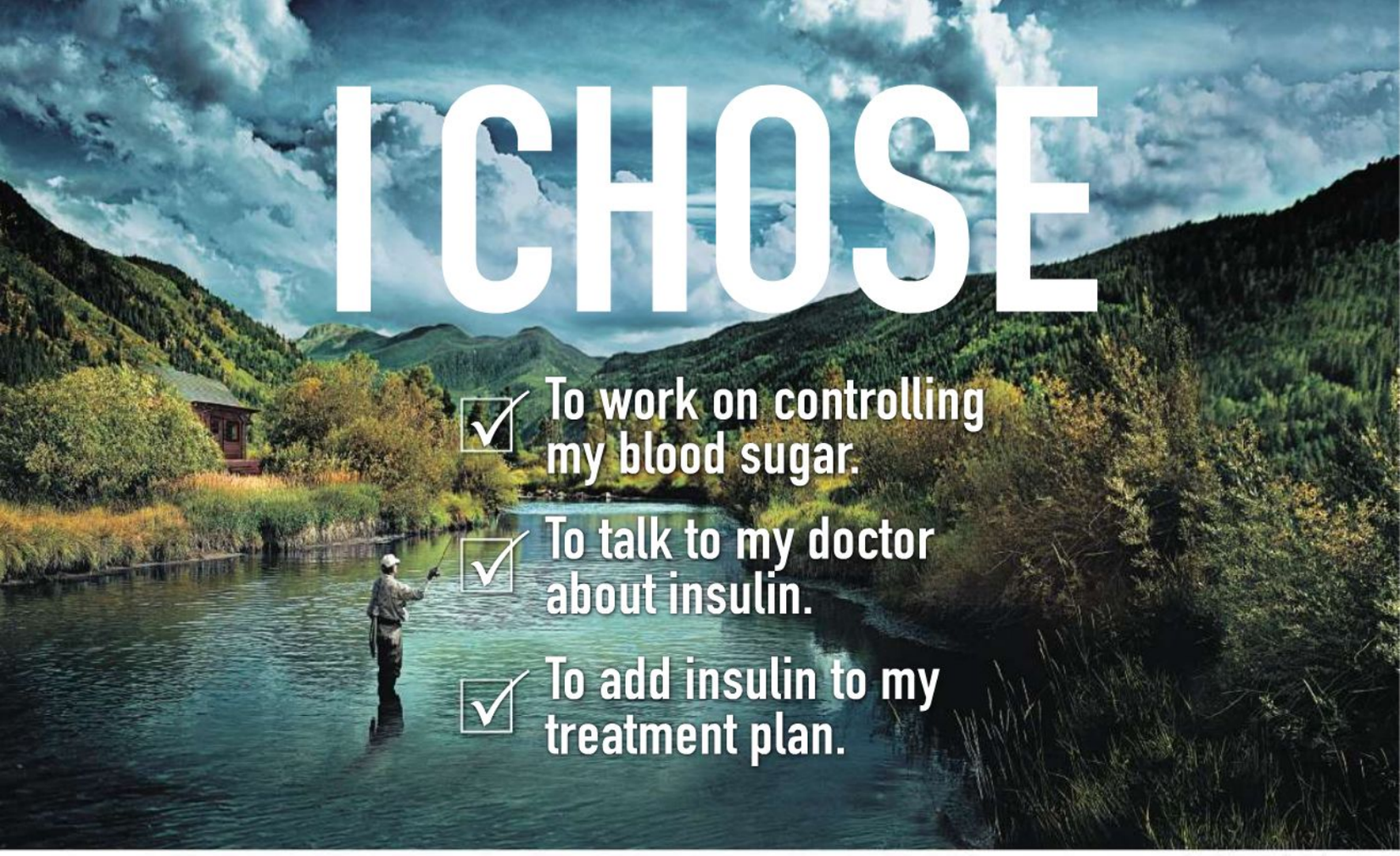

If you have type 2 diabetes, and pills alone aren't controlling your blood sugar anymore, this could be the right time to consider adding insulin. Insulin is an effective way to lower blood sugar. Controlling blood sugar is important because, over time, high blood sugar can lead to serious complications.

Today, insulin comes in an easy-to-use pen. Insulin should be used as part of an overall diabetes treatment plan, which includes diet, exercise, and other diabetes medications. Make the choice to talk to your doctor about whether insulin is right for you.

Important Safety Information for Lantus® (insulin glargine [rDNA origin] injection)

Do not take Lantus® if you are allergic to insulin or any of the inactive ingredients in Lantus.®

You must test your blood sugar levels while using insulin, such as Lantus.® Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Lantus® with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Lantus® must only be used if the solution is clear and colorless with no particles visible. **Do not share needles, insulin pens or syringes with others.**

The most common side effect of insulin, including Lantus,® is low blood sugar (hypoglycemia), which may be serious. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

Tell your doctor about other medicines and supplements you are taking because they can change the way insulin works. Before starting Lantus,® tell your doctor about all your medical conditions including if you have liver or kidney problems, are pregnant or planning to become pregnant, or are breast-feeding or planning to breast-feed.

Indications and Usage

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and children (6 years and older) with type 1 diabetes for the control of high blood sugar. It should be taken once a day at the same time each day to lower blood glucose.

Do not use Lantus® to treat diabetic ketoacidosis.

Lantus® SoloSTAR® is a disposable prefilled insulin pen.

Please see additional important information on the next page.

WhyInsulin.com
1-877-665-9334

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

From the maker of Lantus® SoloSTAR.®

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BRIEF SUMMARY OF PRESCRIBING INFORMATION

HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use LANTUS safely and effectively. See full prescribing information for LANTUS.

LANTUS® (insulin glargine [rDNA origin] injection) solution for subcutaneous injection

Initial U.S. Approval: 2000

INDICATIONS AND USAGE

LANTUS is a long- acting human insulin analog indicated to improve glycemic control in adults and children with type 1 diabetes mellitus and in adults with type 2 diabetes mellitus. (1)

Important Limitations of Use:

- Not recommended for treating diabetic ketoacidosis. Use intravenous, short-acting insulin instead.

DOSAGE AND ADMINISTRATION

- The starting dose should be individualized based on the type of diabetes and whether the patient is insulin-naïve (2.1, 2.2, 2.3)
- Administer subcutaneously once daily at any time of day, but at the same time every day. (2.1)
- Rotate injection sites within an injection area (abdomen, thigh, or deltoid) to reduce the risk of lipodystrophy. (2.1)
- Converting from other insulin therapies may require adjustment of timing and dose of LANTUS. Closely monitor glucoses especially upon converting to LANTUS and during the initial weeks thereafter. (2.3)

DOSAGE FORMS AND STRENGTHS

Solution for injection 100 units/mL (U-100) in

- 10 mL vials
- 3 mL cartridge system for use in OptiClik (Insulin Delivery Device)
- 3 mL SoloStar disposable insulin device (3)

CONTRAINDICATIONS

Do not use in patients with hypersensitivity to LANTUS or one of its excipients (4)

WARNINGS AND PRECAUTIONS

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)
- Administration: Do not dilute or mix with any other insulin or solution. Do not administer subcutaneously via an insulin pump or intravenously because severe hypoglycemia can occur (5.2)
- Do not share reusable or disposable insulin devices or needles between patients (5.2)
- Hypoglycemia: Most common adverse reaction of insulin therapy and may be life-threatening (5.3, 6.1)
- Allergic reactions: Severe, life-threatening, generalized allergy, including anaphylaxis, can occur (5.4, 6.1)
- Renal or hepatic impairment: May require a reduction in the LANTUS dose (5.5, 5.6)

ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

- Hypoglycemia, allergic reactions, injection site reaction, lipodystrophy, pruritus, and rash. (6.1)

To report SUSPECTED ADVERSE REACTIONS, contact sanofi-aventis at 1-800-633-1610 or FDA at 1-800-FDA-1088 or *www.fda.gov/medwatch.*

DRUG INTERACTIONS

- Certain drugs may affect glucose metabolism, requiring insulin dose adjustment and close monitoring of blood glucose. (7)
- The signs of hypoglycemia may be reduced or absent in patients taking anti-adrenergic drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine). (7)

USE IN SPECIFIC POPULATIONS

- Pregnancy category C: Use during pregnancy only if the potential benefit justifies the potential risk to the fetus (8.1)
- Pediatric: Has not been studied in children with type 2 diabetes. Has not been studied in children with type 1 diabetes <6 years of age (8.4)

See Prescribing Information for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling

Revised: 09/2009

GLA-BCPH-AS-SEP09 Rx Only

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Different people need different doctors. Use these smart patient tips to find a doctor who's right for you.

When it comes to your health, it's important to be informed. Studies show that people who actively engage in health care decisions have fewer hospitalizations and fewer emergency visits, receive more preventive care, and have overall lower medical costs. To help you make more informed health care choices, the UnitedHealth Premium® program recognizes physicians and hospitals for meeting quality and cost-efficiency guidelines.

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The UnitedHealth Premium® program makes it easier to choose a doctor with confidence. Visit **MyChoiceNotChance.com**

Consider the 5 Cs when choosing a doctor.

1 **Competence**
Makes sure you receive the right care at the right time

2 **Communication**
Takes time to listen and answer your questions, using language you understand

3 **Compassion**
Demonstrates concern for you as an individual

4 **Convenience**
Offers flexible appointments and doesn't keep you waiting

5 **Cost**
Understands how treatment options affect your out-of-pocket expenses

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by Michael F. Roizen, M.D., and Mehmet C. Oz, M.D.

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Toddler
UnitedHealthcare member

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The UnitedHealth Premium® program helped them locate a children's hospital in their network that ranked among the nation's top facilities for treating heart conditions.

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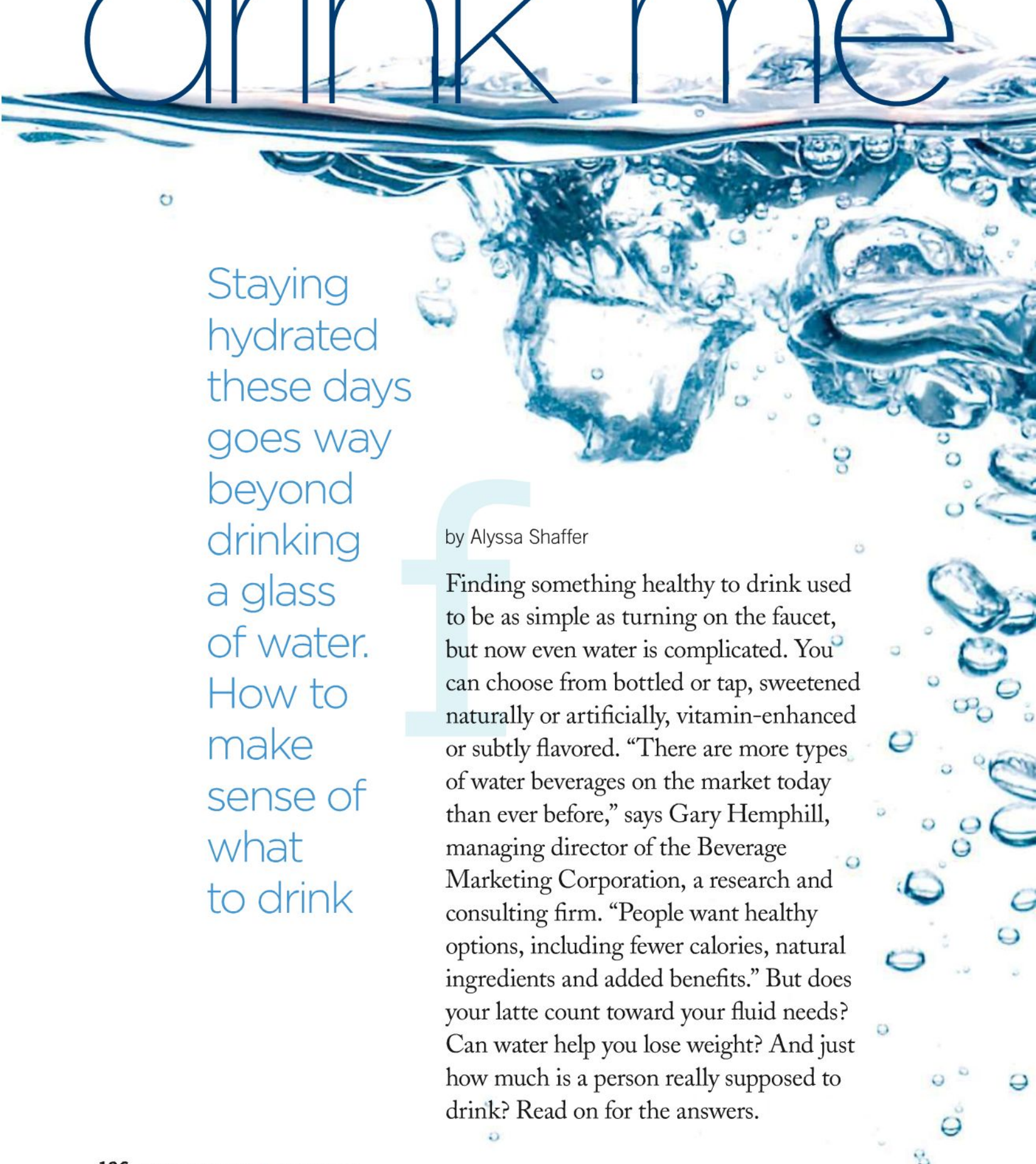

Staying hydrated these days goes way beyond drinking a glass of water. How to make sense of what to drink

by Alyssa Shaffer

Finding something healthy to drink used to be as simple as turning on the faucet, but now even water is complicated. You can choose from bottled or tap, sweetened naturally or artificially, vitamin-enhanced or subtly flavored. "There are more types of water beverages on the market today than ever before," says Gary Hemphill, managing director of the Beverage Marketing Corporation, a research and consulting firm. "People want healthy options, including fewer calories, natural ingredients and added benefits." But does your latte count toward your fluid needs? Can water help you lose weight? And just how much is a person really supposed to drink? Read on for the answers.

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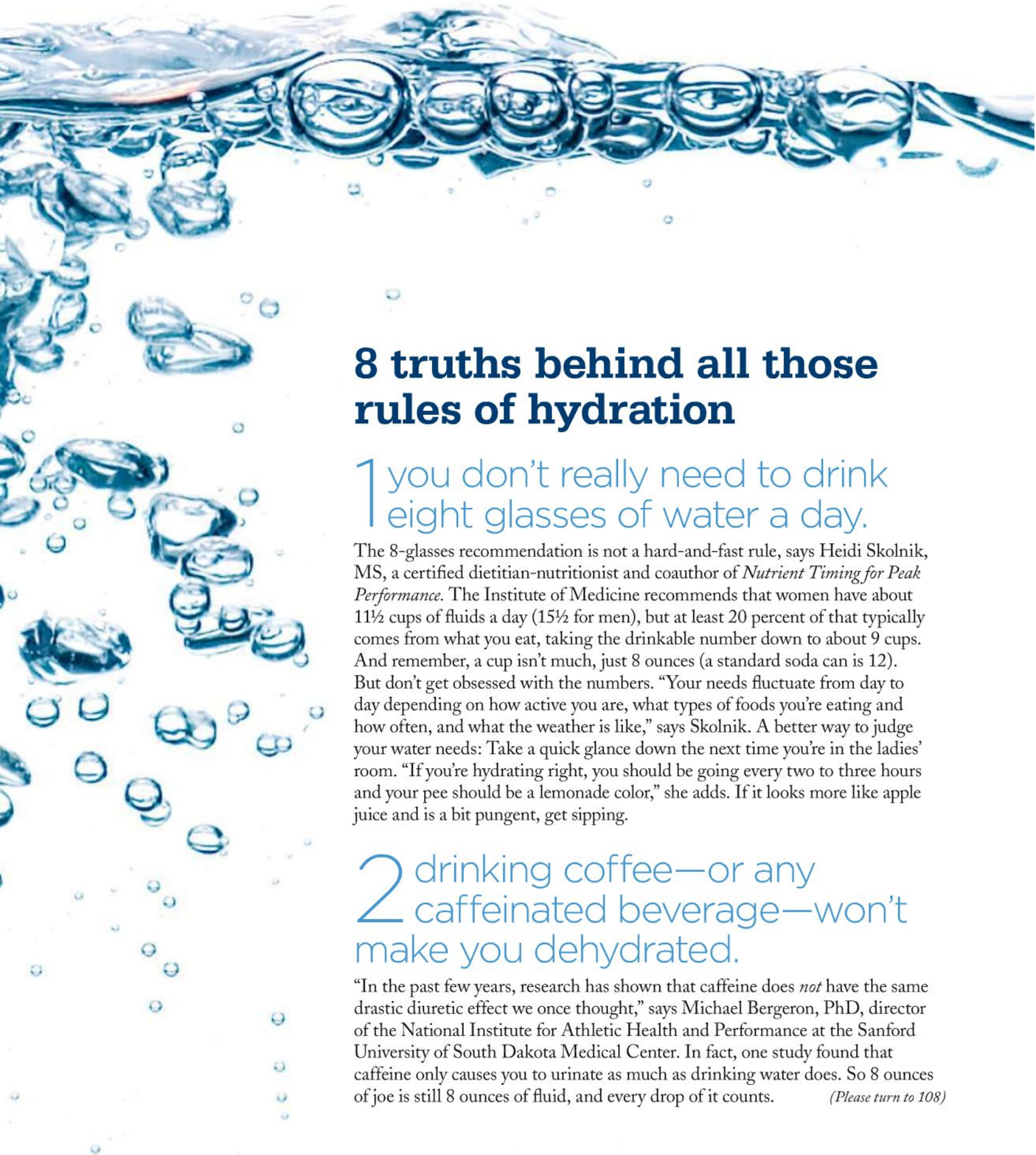

8 truths behind all those rules of hydration

1 you don't really need to drink eight glasses of water a day.

The 8-glasses recommendation is not a hard-and-fast rule, says Heidi Skolnik, MS, a certified dietitian-nutritionist and coauthor of *Nutrient Timing for Peak Performance.* The Institute of Medicine recommends that women have about 11½ cups of fluids a day (15½ for men), but at least 20 percent of that typically comes from what you eat, taking the drinkable number down to about 9 cups. And remember, a cup isn't much, just 8 ounces (a standard soda can is 12). But don't get obsessed with the numbers. "Your needs fluctuate from day to day depending on how active you are, what types of foods you're eating and how often, and what the weather is like," says Skolnik. A better way to judge your water needs: Take a quick glance down the next time you're in the ladies' room. "If you're hydrating right, you should be going every two to three hours and your pee should be a lemonade color," she adds. If it looks more like apple juice and is a bit pungent, get sipping.

2 drinking coffee—or any caffeinated beverage—won't make you dehydrated.

"In the past few years, research has shown that caffeine does *not* have the same drastic diuretic effect we once thought," says Michael Bergeron, PhD, director of the National Institute for Athletic Health and Performance at the Sanford University of South Dakota Medical Center. In fact, one study found that caffeine only causes you to urinate as much as drinking water does. So 8 ounces of joe is still 8 ounces of fluid, and every drop of it counts. *(Please turn to 108)*

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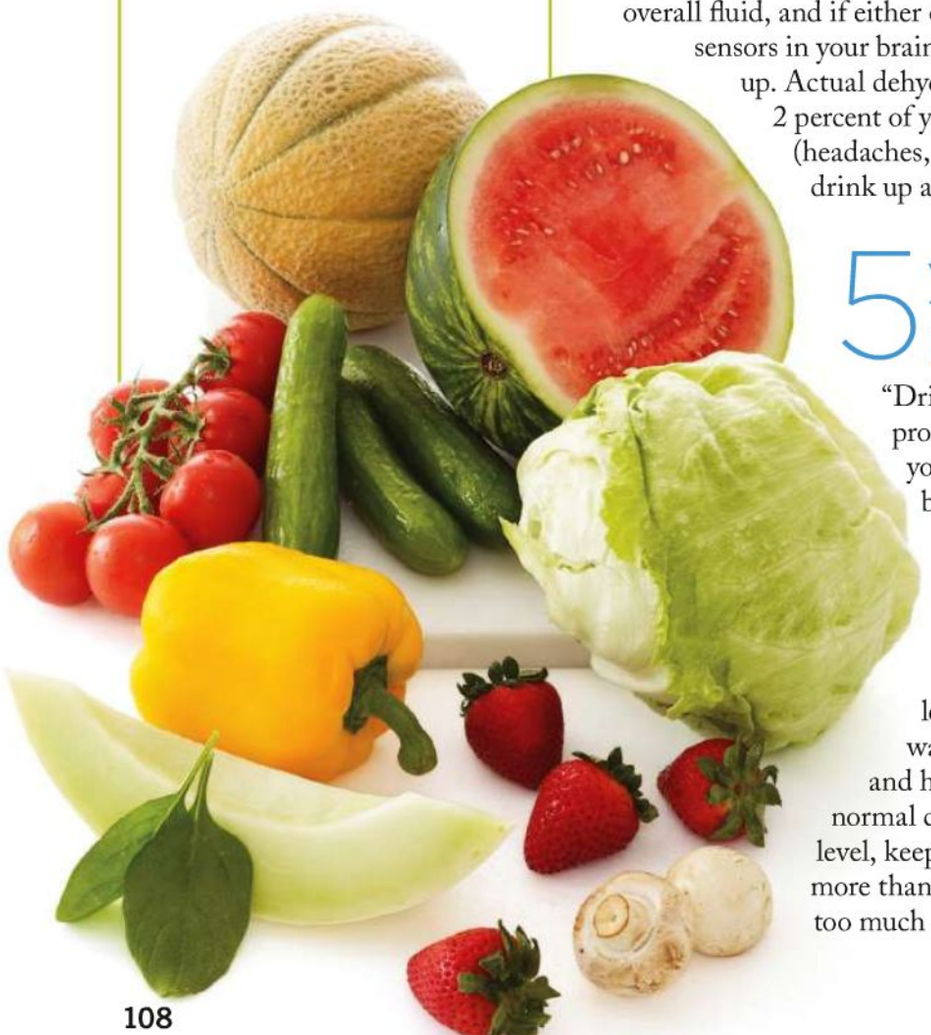
eat this, stay hydrated

THE FOOD	WATER CONTENT
Cucumber	96%
Iceberg lettuce	95%
Tomatoes	94%
Peppers	94%
Mushrooms	92%
Watermelon	91%
Strawberries	91%
Spinach	91%
Cantaloupe	90%
Honeydew melon	90%
Peaches	89%
Papayas	88%
Pineapple	86%
Lowfat yogurt	85%
Oatmeal (cooked)	84%
Mangoes	82%
Baked potato	75%



3 water alone isn't a weight-loss aid.

For those of you chugging water thinking it's going to help melt off those pounds, better not concentrate all of your efforts there. "There's no scientific evidence that drinking water is going to make you feel fuller," says weight-loss researcher Barbara Rolls, PhD, a professor of nutritional sciences at Penn State University and the author of *The Volumetrics Eating Plan*. Her research found that water helps when it's part of a high-volume food like a vegetable or soup. One of her recent studies found that women who ate vegetables like broccoli in place of more calorie-dense foods like rice or meat ate significantly fewer calories overall. "Water-rich foods look bigger, and that can help trick your brain into thinking you're eating more than you really are," adds Dr. Rolls. What drinking enough *can* do is ensure you're not mistaking thirst for hunger, which can help keep your appetite in check. "Having any no-calorie drink while you eat can help you slow down so you're not just attacking your food," explains Skolnik.

4 don't wait until you're thirsty to drink.

The thirst mechanism usually kicks in when you're about 1 to 2 percent dehydrated—measured by a change in body weight based on sweat loss. Your body maintains a certain amount of sodium in the blood and overall fluid, and if either one of those levels is out of whack, the thirst sensors in your brain will send warning signs that it's time to drink up. Actual dehydration happens when you've lost at least 2 percent of your body weight, but you can feel the effects (headaches, nausea, dizziness) sooner. So make sure to drink up all day long.

5 you *can* drink too much water.

"Drinking water faster than your kidneys can process it can upset the balance of electrolytes in your blood, possibly causing swelling in the brain, seizures, coma and even death," says Dr. Bergeron. In 2007, a California woman died of water intoxication after drinking nearly 2 gallons of water in three hours as part of a radio contest to see who could drink the most water without urinating. On a less dramatic level, overhydration can have some of the same warning signs of dehydration, including nausea and headaches. Although it's unlikely that in the normal course of life you'll overhydrate to a dangerous level, keep in mind that your kidneys can process no more than 1 liter (34 ounces) per hour. So don't drink too much at once.

(Please turn to 112)

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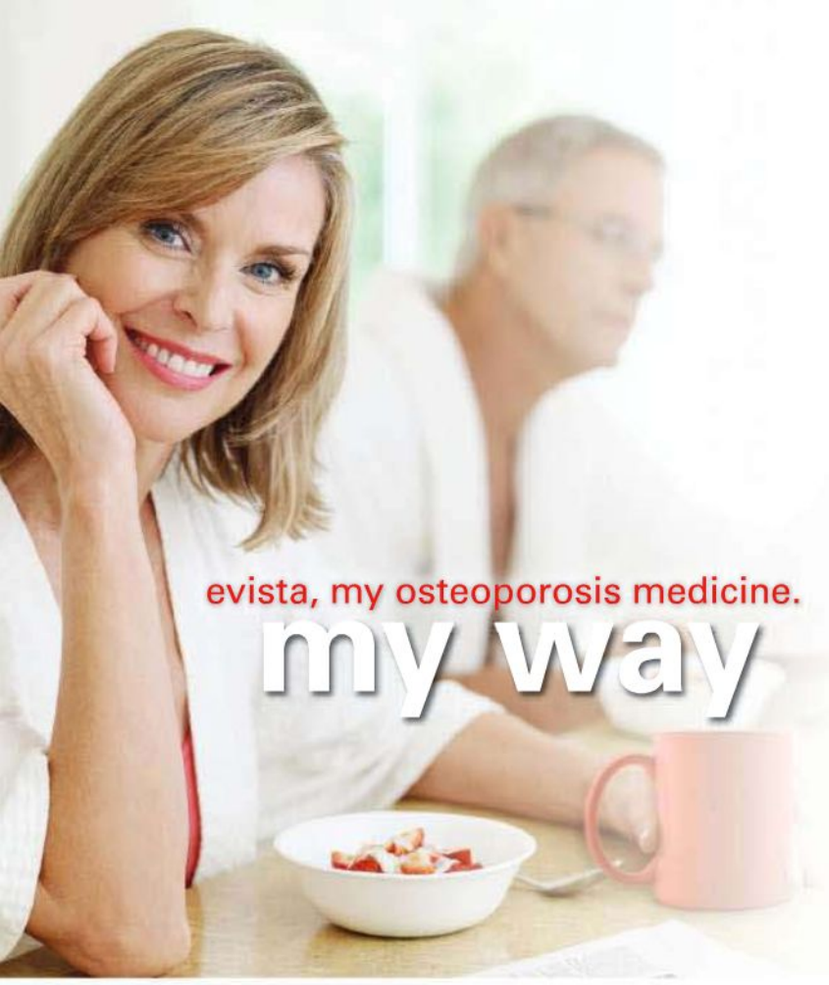

EVISTA® raloxifene HCl tablets 60mg

Treat your osteoporosis your way

EVISTA lets me treat my osteoporosis at any time of day, with or without food.

I know it's important to treat my osteoporosis. And with EVISTA, if I want to take it with breakfast, lunch or dinner, I can. Since it's a daily pill, I take it at the same time every day, so I can remember to take it with my calcium and vitamin D. That's why EVISTA is my osteoporosis medicine.

EVISTA has been prescribed for over 10 years to treat and prevent osteoporosis in women past menopause.

EVISTA increases bone mineral density, and reduces the risk of spinal fractures.

Go to **osteomyway.com** to find out more. Ask your doctor if EVISTA is right for you.

Important Safety Information for EVISTA® (raloxifene HCl tablets)

You should not take EVISTA if you have had or are at risk for getting blood clots in the legs, lungs or eyes, as it may increase the risk of blood clots. Stop taking EVISTA and call your doctor if you have leg pain or warmth, swelling of the legs, hands or feet, chest pain, shortness of breath or a sudden vision change, as these may be signs of a blood clot. Being unable to move around for long periods may increase this risk. If you will need to be still for a long time, talk to your doctor about ways to reduce the risk of blood clots.

EVISTA does not increase the risk of a heart attack or stroke in women who have had or are at risk for a heart attack; however; EVISTA increases the likelihood of dying from stroke in these women, should one occur. Before taking EVISTA tell your doctor if you have had a stroke, a mini-stroke, irregular heartbeat, high blood pressure, heart attack, history of smoking, or believe you have other risk factors for stroke or a heart attack.

Before Taking EVISTA

EVISTA is not right for everyone. You should only take prescription EVISTA if you are past menopause. Before taking EVISTA, talk to your doctor about all your medical conditions. If you are pregnant, nursing or may become pregnant, do not take EVISTA, as it may cause fetal harm. Women with liver or kidney disease should use EVISTA with caution. EVISTA should not be taken with estrogens in the form of pills, patches or injections.

Side Effects

Side effects may include hot flashes, leg cramps, swelling, flu-like symptoms, joint pain, and sweating. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see next page for additional information about EVISTA.

1-888-77-EVISTA

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Information for Patients About

EVISTA®
(raloxifene hydrochloride tablets)
Tablets for Oral Use

Please read the information carefully that comes with EVISTA before you start taking it and each time you refill your prescription. The information may have changed. This information does not take the place of talking with your doctor about your medical condition or treatment. Talk with your doctor about EVISTA when you start taking it and at regular checkups.

What is the most important information I should know about EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

1. Before starting EVISTA, tell your doctor if you have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (transient ischemic attack), or have an irregular heartbeat.
2. Stop taking EVISTA and call your doctor if you have:
   - leg pain or a feeling of warmth in the lower leg (calf).
   - swelling of the legs, hands, or feet.
   - sudden chest pain, shortness of breath, or coughing up blood.
   - sudden change in your vision, such as loss of vision or blurred vision.
3. Being still for a long time (such as sitting still during a long car or airplane trip or being in bed after surgery) can increase your risk of blood clots. (See **"What should I avoid if I am taking EVISTA?"**)

What is EVISTA?

EVISTA is a type of prescription medicine called a Selective Estrogen Receptor Modulator (SERM). EVISTA is for women after menopause, and has more than one use:

- **Osteoporosis:** EVISTA treats and prevents osteoporosis by helping make your bones stronger and less likely to break.
- **Invasive Breast Cancer:** If you have osteoporosis or are at high risk for breast cancer, EVISTA can be used to lower your chance of getting invasive breast cancer. EVISTA will not totally get rid of your chance of getting breast cancer. Your doctor can estimate your risk of breast cancer by asking you about risk factors, including:
  - your age (getting older).
  - family history of breast cancer in your mother, sister, or daughter.
  - a history of any breast biopsy, especially an abnormal biopsy.

You and your doctor should talk about whether the possible benefit of EVISTA in lowering your chance of getting invasive breast cancer is greater than its possible risks.

EVISTA is not for use in premenopausal women (women who have not passed menopause).

Who should not take EVISTA?

Do not take EVISTA if you:

- have or have had blood clots in your legs, lungs, or eyes. Taking EVISTA may increase the risk of getting blood clots.
- are pregnant or could become pregnant. EVISTA could harm your unborn child.
- are nursing a baby. It is not known if EVISTA passes into breast milk or what effect it might have on the baby.

What should I tell my doctor before taking EVISTA?

EVISTA may not be right for you. Before taking EVISTA, tell your doctor about all your medical conditions, including if you:

- have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (TIA/transient ischemic attack), or a type of irregular heartbeat (atrial fibrillation).
- have had breast cancer. EVISTA has not been fully studied in women who have a history of breast cancer.
- have liver or kidney problems.
- have taken estrogen in the past and had a high increase of triglycerides (a kind of fat in the blood).
- are pregnant, planning to become pregnant, or breast-feeding (see **"Who should not take EVISTA?"**).

Tell your doctor about all medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist each time you get a new medicine. Especially tell your doctor if you take*:

- warfarin (Coumadin®, Jantoven®)

  If you are taking warfarin or other coumarin blood thinners, your doctor may need to do a blood test when you first start or if you need to stop taking EVISTA. Names for this test include "prothrombin time," "pro-time," or "INR." Your doctor may need to adjust the dose of your warfarin or other coumarin blood thinner.
- cholestyramine
- estrogens

EVISTA should not be taken with cholestyramine or estrogens.

How should I take EVISTA?

- Take EVISTA exactly how your doctor tells you to.
- Keep taking EVISTA for as long as your doctor prescribes it for you. It is not known how long you should keep taking EVISTA to lower your chance of getting invasive breast cancers.
- It is important to get your refills on time so you do not run out of the medicine.
- Take one EVISTA tablet each day.
- Take EVISTA at any time of the day, with or without food.
- To help you remember to take EVISTA, it may be best to take it at about the same time each day.

EVISTA® (raloxifene hydrochloride tablets) PV 3125 AMP

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- Calcium and vitamin D may be taken at the same time as EVISTA. It is important to take calcium and vitamin D, as directed by your physician, to prevent or treat osteoporosis.
- If you miss a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and take only your next regularly scheduled dose. Do not take two doses at the same time.

What should I avoid while taking EVISTA?

- Being still for a long time (such as during long trips or being in bed after surgery) can increase the risk of blood clots. EVISTA may add to this risk. If you will need to be still for a long time, talk with your doctor about ways to reduce the risk of blood clots. On long trips, move around periodically. Stop taking EVISTA at least 3 days before a planned surgery or before you plan on being still for a long time. You should start taking EVISTA again when you return to your normal activities.
- Some medicines should not be taken with EVISTA (see **"What should I tell my doctor before taking EVISTA?"**).

What are the possible side effects of EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

See **"What is the most important information I should know about EVISTA?"**

The most common side effects of EVISTA are hot flashes, leg cramps, swelling of the feet, ankles, and legs, flu syndrome, joint pain, and sweating. Hot flashes are more common during the first 6 months after starting treatment.

These are not all the side effects of EVISTA. Tell your doctor about any side effect that bothers you or that does not go away. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What else should I know about EVISTA?

- Do not use EVISTA to prevent heart disease, heart attack, or strokes.
- To get the calcium and vitamin D you need, your doctor may advise you to change your diet and/or take supplemental calcium and vitamin D. Your doctor may suggest other ways to help treat or prevent osteoporosis, in addition to taking EVISTA and getting the calcium and vitamin D you need. These may include regular exercise, stopping smoking, and drinking less alcohol.
- Women who have hot flashes can take EVISTA. EVISTA does not treat hot flashes, and it may cause hot flashes in some women. (See **"What are the possible side effects of EVISTA?"**)
- EVISTA has not been found to cause breast tenderness or enlargement. If you notice any changes in your breasts, call your doctor to find out the cause. Before starting and while taking EVISTA you should have breast exams and mammograms, as directed by your doctor. Because EVISTA does not eliminate the chance of developing breast cancers, you need these examinations to find any breast cancers as early as possible.
- EVISTA should not cause spotting or menstrual-type bleeding. If you have any vaginal bleeding, call your doctor to find out the cause. EVISTA has not been found to increase the risk for cancer of the lining of the uterus.
- Women in clinical trials have taken EVISTA for up to eight years.

How should I store EVISTA?

- Store EVISTA at 68°F to 77°F (20°C-25°C).
- **Keep EVISTA and all medicines out of the reach of children.**

General Information about the safe and effective use of EVISTA

Medicines are sometimes prescribed for purposes other than the ones listed. Do not use EVISTA for a condition for which it was not prescribed. Do not give your EVISTA to other people, even if they have the same symptoms you have. It may harm them.

This is a summary of the most important information about EVISTA. If you would like more information about EVISTA, talk with your doctor. You can ask your doctor or pharmacist for information about EVISTA that is written for health professionals. For more information, call 1-800-545-5979 (toll-free) or go to the following website: www.evista.com.

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6 you don't need a sports drink every time you exercise.

Heading out for a 30-minute power walk? You probably don't need to guzzle down a Gatorade. "Sports drinks have a place if you're exercising intensely for an hour or more, or sweating profusely," says Skolnik. "Otherwise you probably already have all the carbs and electrolytes you need." Consider this: A brisk 30-minute walk burns about 170 calories; 2 cups of a sports drink has 100 calories. Which means that about 60 percent of your workout expenditure just went down your throat.

7 cold water is no better for you to drink than warm.

Another weight-loss misconception: Your body has to work harder to absorb cold water, which will speed up your metabolism. "There's no scientific data to back this up," says Lona Sandon, RD, an assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center. "The change in your metabolism is so negligible that it won't make a real difference one way or another." If cold tastes better, you're more likely to sip it, so go ahead and add the ice. To boost your metabolism, hit the gym.

8 all plain bottled water is basically the same.

The bottles may look different, but water is essentially water. What *is* different is the source. Some is bottled municipal tap water (like Aquafina or Dasani), some comes from natural springs (like Poland Spring), some is imported from natural water supplies (like Fiji Water or Evian). Bottom line: It comes down to price, convenience and taste. (One exception is Smartwater, which is tap water enhanced with electrolytes.) *(Please turn to 114)*

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drink smackdown

The bottom-line benefits of your favorite beverages

diet soda or seltzer?

Stick with seltzer: A 2008 study from Purdue University showed that rats who ate yogurt with saccharin ended up eating more later and gaining more weight than those who were given yogurt with regular sugar. Some experts speculate that artificial sweeteners can hamper appetite regulation. Also, soft drinks' high levels of phosphoric acid can affect bone density, says Sandon.

The winner: Seltzer

milk or juice?

Each one has its own benefits. "Having 100 percent juice is an easy way to get some fruit into your day, and it provides a variety of important vitamins, minerals and phytonutrients," says Skolnik. On the other hand, milk has much-needed calcium and vitamin D, along with protein. The solution: Have both, one with breakfast and the other as a midmorning snack.

The winner: Tie

sports drink or energy drink?

"Sports drinks are designed primarily to keep you hydrated while giving energy in the form of calories," says Skolnik. "Energy drinks are more about providing a stimulant." So if you're doing an athletic activity, reach for a sports drink. "Energy drinks aren't great hydrators—and if you drink too much at once, you can feel anxious and queasy," adds Skolnik.

The winner: Sports drinks for activity

vitamin water or regular water?

Your body will absorb vitamins from vitamin water as it would from a supplement. "But check labels carefully for amounts," says Skolnik, and consider cost: Most multivitamins are pennies per pill; one serving of a vitamin water costs nearly 10 times more. "You're better off taking a multivitamin and spending your money on fruits and vegetables," says Skolnik.

The winner: Regular water

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bottle it

Today's water bottles are a far cry from the screwtops of yesteryear. The latest offerings keep your beverage very cool in more ways than one.

CamelBak Better Bottle The spillproof "Big Bite" valve means you can have your straw and sip it, too. The stainless steel construction means there's no weird metal taste; a double-wall design keeps drinks hot or cold for hours. ($30; **camelbak.com**)

SIGG Each funky bottle is made from a single piece of aluminum, so they're light, long-lasting and easily recyclable. The BPA-free liner helps prevent a metallic taste in your favorite beverage. ($20; **mysigg.com**)

Nalgene Everyday Bottle Lightweight and sturdy, these bottles were originally designed for research labs. The new straw design makes for easy access. ($9; **nalgene-outdoor.com**)

Klean Kanteen It includes a large mouth that accepts ice cubes and a slim bottom that fits into most cupholders. Choose from six cap options, from an easy-carry loop to a sippy design for little drinkers. ($16.45; **kleankanteen.com**)

drink up to help out

A recent United Nations study found that at least 1.8 million children under the age of 5 worldwide die every year due to a lack of clean water. In fact, more people now die from contaminated water than from wars and other violence. Here's how you can help:

- **Organize a water challenge in your town.** This initiative encourages everyone to make tap water their only beverage for two weeks, skipping beverages such as soda. Participants then tally up the amount of money they saved and donate the total to The Water Project, the charity behind this neat idea, which funds clean-water programs around the world, particularly in India and Africa. Groups choose exactly how and where the money raised is used to help build wells or water projects. *thewaterproject.org*
- **Help out Haiti.** One third of the country didn't have access to safe water before the earthquake. Now, the situation is dire. Just $30 can give one person safe drinking water for 20 years through Charity:Water's 11 large-scale clean water projects in Haiti. *charitywater.org/unshaken*
- **Volunteer with the Clean Water Fund,** an organization that campaigns for clean and safe drinking water in America by bringing together communities and government officials to take action. *cleanwaterfund.org*
- **Buy Ethos Water at Starbucks.** For every bottle bought, Starbucks donates 5¢ to the Ethos Water Fund, which helps support water sanitation in places like East Africa and India. wd

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keep it off!

EXCLUSIVE FROM WOMAN'S DAY
GET REAL DIET part 6

How to keep your healthy habits and not gain back a pound by Karen Ansel, RD

Welcome to the final installment of the Get Real Diet! We hope that you've been following the plan since we launched it earlier this year, and that it's helped you reach your goal.

If you've missed any of the previous stories, don't worry: You can get all the info you need right now at **womansday.com/getreal**. And if you're just starting the diet (or any diet, really), save this story! That's because keeping the weight off can be even harder than losing it.

Most ex-dieters get tripped up by one of five common mistakes. Here's what they are and how to avoid them.

you go back to pre-diet portions

Once you've lost the weight, you need to eat less to keep the scale steady. You do get to eat more now than when you were losing, but probably not as much as you think. During maintenance, you *(Please turn to 120)*

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FOR TREATMENT OF OSTEOARTHRITIS KNEE PAIN

ONE injection. Up to 6 months of pain relief.

Ask your doctor about Synvisc-One® (hylan G-F 20), the only treatment that can give you up to 6 months of knee pain relief with just one injection.

FREE Knee Pain Relief Kit
Call toll-free **1-888-698-3820** or visit
www.SynviscOne.com/womansday

Important Safety Information. Synvisc-One® (hylan G-F 20) is used to relieve knee pain due to osteoarthritis (OA). It is for patients who do not get enough relief from simple painkillers such as acetaminophen, or from exercise and physical therapy. Synvisc-One is generally well tolerated. However, it may not work for everyone. The side effects most commonly seen in a medical study were knee pain, stiffness, and swelling or fluid buildup in or around the knee. Side effects were generally mild to moderate and did not last long. More severe side effects have been reported only rarely in routine clinical use. Other side effects, such as rash, may also occur. Before trying Synvisc-One, tell your doctor if you are allergic to products from birds — such as feathers, eggs or poultry — or if your leg is swollen or infected. Talk to your doctor before resuming strenuous weight-bearing activities after treatment. Synvisc-One has not been tested in children, pregnant women or women who are nursing. You should tell your doctor if you think you are pregnant or if you are nursing a child.

Please see important Patient Information on the next page.

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SYNVISC ONE™
HYLAN G-F 20

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SYNVISC ONE
HYLAN G-F 20

Patient Information

Be sure to read the following important information carefully. This information does not take the place of your doctor's advice. If you do not understand this information or want to know more, ask your doctor.

Glossary of Terms

Hyaluronan (pronounced hy-al-u-ROE-nan): is a natural substance that is present in very high amounts in joints. It acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly.

Non-steroidal anti-inflammatory drugs: also known as "NSAIDs"; medication used to treat pain or swelling. There are many examples of NSAIDs, including (but not limited to) aspirin and ibuprofen. Some of these are over-the-counter drugs, and some can be obtained only by prescription.

Osteoarthritis (pronounced OS-te-o-arth-RI-tis): (OA) is a type of arthritis that involves the wearing down of cartilage (the protective covering on the ends of your bones) and loss of cushioning fluid in the joint.

Table of Contents

– Glossary of Terms
– Table of Contents
– What is the Synvisc-One® product?
– How is the Synvisc-One® product used? (Indications)
– How is the Synvisc-One® product given?
– Are there any reasons why I should not receive a Synvisc-One® injection? (Contraindications)
– What should my doctor warn me about?
– What are the risks of getting a Synvisc-One® injection?
– What are the benefits of getting a Synvisc-One® injection?
– What do I need to do after I get a Synvisc-One® injection?
– What other treatments are available for OA?
  – Non-drug treatments
  – Drug therapy
– When should you call your doctor? (Troubleshooting)
– What adverse events were observed in the clinical study?
– How do I get more information about the Synvisc-One® product? (User Assistance)

What is the Synvisc-One® product?

Synvisc-One is a gel-like mixture that comes in a syringe containing 6 mL (1 ½ teaspoon) and is injected into your knee. It is made up of hylan A fluid, hylan B gel, and salt water. Hylan A and hylan B are made from a substance called hyaluronan (pronounced hy-al-u-ROE-nan), also known as sodium hyaluronate that comes from chicken combs. Hyaluronan is a natural substance found in the body and is present in very high amounts in joints. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly.

How is the Synvisc-One® product used? (Indications)

The FDA-approved indication for Synvisc-One is: Synvisc-One is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative nonpharmacologic therapy and simple analgesics, e.g., acetaminophen.

How is the Synvisc-One® product given?

Your doctor will inject Synvisc-One into your knee.

Are there any reasons why I should not receive a Synvisc-One® injection? (Contraindications)

Your doctor will determine if there is any reason why you are not an appropriate candidate for Synvisc-One. You should be aware that Synvisc-One:

- Should not be used in patients who have had any prior allergic reactions to Synvisc, Synvisc-One or any hyaluronan-based products. Signs of an allergic reaction may include swelling of your face, tongue, or throat; difficulty breathing or swallowing; shortness of breath; wheezing; chest pain; a tightness in your throat; sleepiness; rash; itching; hives; flushing; and/or fever.
- Should not be used in patients with a knee joint infection, skin disease or infection around the area where the injection will be given, or circulatory problems in the legs.

What should my doctor warn me about?

The following are important treatment considerations for you to discuss with your doctor and understand in order to help avoid unsatisfactory results and complications:

- Synvisc-One is only for injection into the knee, performed by a doctor or other qualified health care professional. Synvisc-One has not been tested to show pain relief in joints other than the knee.
- Synvisc-One has not been tested to show better pain relief when combined with other injected medicines.
- Tell your doctor if you are allergic to products from birds such as feathers, eggs, and poultry.
- Tell your doctor if you have significant swelling or blood clots in the leg.
- Synvisc-One has not been tested in pregnant women, or women who are nursing. You should tell your doctor if you think you are pregnant, or if you are nursing a child.
- Synvisc-One has not been tested in children (≤21 years of age).

What are the risks of getting a Synvisc-One® injection?

The side effects (also called reactions) sometimes seen after any injection into the knee, including Synvisc-One, include: pain, swelling, heat, redness, and/or fluid buildup around the knee. These reactions are generally mild and do not last long. Reactions are generally treated by resting and applying ice to the injected knee. Sometimes it is necessary to give pain relievers by mouth such as acetaminophen or NSAIDs, or to give injections of steroids, or to remove fluid from the knee joint. Patients rarely undergo arthroscopy (a surgical inspection of the knee joint) or other medical procedures related to these reactions.

Other side effects seen with Synvisc or Synvisc-One are: rashes, hives, itching, muscle pain/cramps, flushing and/or swelling of your face, fast heartbeat, nausea (or feeling sick to your stomach), dizziness, fever, chills, headache, difficulty breathing, swelling in your arms and/or legs, prickly feeling of your skin, and in rare cases a low number of platelets in the blood (platelets are a type of blood cell that are needed to help your blood clot when you are cut or injured). Rare cases of knee joint infection have been reported. If any of the above side effects or symptoms appear after you are given Synvisc-One, or if you have any other problems, you should call your doctor.

What are the benefits of getting a Synvisc-One® injection?

As shown in a medical study of 253 patients with osteoarthritis (OA) of the knee, where approximately half received either a single injection of Synvisc-One or an injection of the same volume of salt water (a "Saline Control" injection), the major benefits of Synvisc-One are pain relief and improvement in other symptoms related to OA of the knee.

What do I need to do after I get a Synvisc-One® injection?

It is recommended you avoid strenuous activities (for example, high-impact sports such as tennis or jogging) or prolonged weight-bearing activities for approximately 48 hours following the injection. You should consult your doctor regarding the appropriate time to resume such activities.

What other treatments are available for OA?

If you have OA, there are other things you can do besides getting Synvisc-One. These include:

Non-drug treatments

- Avoiding activities that cause knee pain
- Exercise or physical therapy
- Weight loss
- Removal of excess fluid from your knee

Drug therapy

- Pain relievers such as acetaminophen and narcotics
- Drugs that reduce inflammation (signs of inflammation are swelling, pain or redness), such as aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs, for example ibuprofen and naproxen)
- Steroids that are injected directly into your knee

When should I call my doctor? (Troubleshooting)

If any of the side effects or symptoms described above appear after you are given Synvisc-One, or if you have any other problems, you should call your doctor.

What did the clinical studies show?

A study was conducted in 6 countries outside the United States with 21 physicians. The patients in the study had mild to moderate knee OA, moderate to severe pain, and did not have sufficient relief of their pain and symptoms with medications taken by mouth. A total of 253 patients in the study were assigned by chance to receive either a single injection of Synvisc-One (n=123 patients), or an injection of the same volume of salt water (a "Saline Control" injection) (n=130 patients). Neither the patients nor the doctors evaluating them knew which treatment they received. Any fluid that was present in the patient's knee was removed before the injection. The patients were seen by their doctor at standard times over 6 months. Information was collected about how much pain they were experiencing doing various types of activities, how much they were limited in their daily activities by their OA, and on their overall condition. Their doctor also provided an overall rating of their OA.

The main measure of the study was how much pain the subjects had doing five common types of activities over the 6 months duration of the study. Daily activity limitations and overall evaluations were also compared between the group of patients receiving Synvisc-One injection and the group receiving salt water injection. The study showed that patients receiving Synvisc-One had significantly less pain over 6 months, and felt significantly better than the patients who received the salt water injections. The difference in pain score reduction from baseline to 6 months between the Synvisc-One and salt water control injection was 0.15 out of a 5 point scale for the measurement of OA pain in the knee.

What adverse events were observed in the clinical study?

The following are the most common adverse events that occurred during the clinical trial of Synvisc-One:

- Pain in the knee or at the injection site
- Stiffness, swelling or warmth in or around the knee
- Changes in the way that you walk (e.g., limping)

Severe adverse events were not observed in the Synvisc-One trial. Joint infections did not occur in the injected knee in the Synvisc-One clinical trial. The most commonly occurring adverse events outside of the injected knee were headache, back pain, sore throat and the flu. One patient had a single episode of feeling faint.

How do I get more information about the Synvisc-One® product? (User Assistance)

If you have any questions or would like to find out more about Synvisc-One, you may call Genzyme Biosurgery at **1-888-3-SYNVISC (1-888-379-6847)** or visit **www.synvisc.com**.

Manufactured and Distributed by:

Genzyme Biosurgery
A division of Genzyme Corporation
1125 Pleasant View Terrace
Ridgefield, New Jersey 07657

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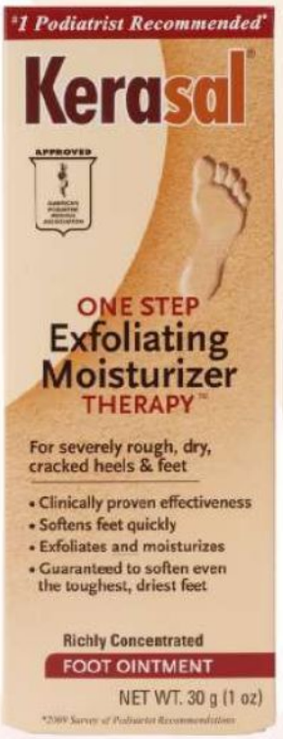

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KEEP IT OFF!

CONTINUED can eat an additional 150 to 250 calories a day, which translates to about 50 to 75 per meal. If you upgrade from a kid-size hamburger to a quarter-pounder, for example, you just ate an extra 160 calories. You could do that once a day, but I think it's safer to keep portions consistent and focus on add-ons. Try a tablespoon of nuts (about 75 calories) on cereal, 2 thin slices of avocado (about 50 calories) on a sandwich, and an extra sprinkle of cheese (about 50 calories) on pasta.

you don't track what you're eating

You probably won't want to spend the rest of your life keeping a detailed food journal, but you *can* still stay accountable by tracking fruits and veggies. Why count produce? For starters, it's good to focus on eating *more* of something. From a practical standpoint, it's simple math: The more low-cal, high-fiber fruits and vegetables you eat, the less room you have for other (higher-cal) stuff. Every day, aim for 5 to 9 servings.

you skip the scale

Weighing yourself regularly is still key: Slack off and you risk waking up one day to realize you've regained a dress size. How often should you weigh in? Some experts say once a week, but I say do it daily. That way there are no big surprises, and if you start to see a slow creep upward you can do something about it right away.

you get lax about exercise

Research proves that staying active is crucial for keeping those pounds off. In fact, the National Weight Control Registry reports that 90 percent of people who have lost and kept off a lot of weight exercise for about an hour every day. Sounds like a lot, but you can break it up: Spend 10 minutes taking the stairs instead of waiting for the elevator, go for a brisk 20-minute walk at lunchtime, and dance around your house after dinner with your kids for 30 minutes. For more ideas, check out our videos at **womansday.com/moveanywhere.**

you go back to bad habits

Now that you've got more flexibility, don't be surprised if some of your old demons, like stress eating, begin to crop up again. Right now, take out a piece of paper and jot down your top three dieting challenges followed by possible solutions. For example, if you were a stress eater, write that down, then list things you can do instead of eating—like deep breathing or window shopping—to calm yourself when you're feeling frenzied. Tuck the list into your wallet and review it daily. *(Please turn to 124)*

HARNESS YOUR INTUITION

We've given you a sample maintenance meal plan on page 124, but you probably won't want to follow a specific plan forever. So how can you keep off the pounds? That's where intuitive eating comes in.

Think back to how you ate as a child. Kids instinctively know exactly how much food they need, but as we get older we begin to eat for reasons that have nothing to do with hunger.

It won't happen overnight, but you *can* retrain yourself to get back to childhood basics. "Intuitive eating is about letting internal cues guide what and how much you eat," says Michelle May, MD, creator of the "Am I Hungry?" approach (**amihungry.com**).

STEP #1: check your gas tank

The next time you have the urge to eat, ask yourself if you're truly hungry. Sometimes a pause is enough to prevent you from eating for the wrong reason. At the very least it will make you aware: The more often you realize that you're eating out of habit (or stress or boredom), the less likely you are to do it.

STEP #2: get in the zone

"When you eat, don't do anything else. No TV, reading, e-mail, texting or talking on the phone," says Evelyn Tribole, RD, coauthor of *Intuitive Eating*. By focusing on your food and enjoying every bite, you'll be more satisfied and less likely to overeat.

STEP #3: tune in to how it feels

After every meal, home in on the sensations and ask yourself how it made you feel, says Dr. May. Are you energized? Content? Stuffed? A little sick? By doing this regularly, you'll eventually start to see eating smaller portions of healthier food as something that feels good.

STEP #4: think tradeoffs

If you enjoyed a big dinner out, don't beat yourself up. Simply cut back the next day by skipping the OJ at breakfast and leaving over a quarter of your sandwich at lunch.

GETTY

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Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least 6 weeks and still have some depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.†

Important Risk Information about ABILIFY

- **Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression**
- **Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients**
- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

Take the next step—ask your doctor about ABILIFY.

ABILIFY® (aripiprazole)
2 mg, 5 mg Tablet

www.ABILIFYtreatment.com

* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

† Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org
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ABILIFY
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-ri-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions.*

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at **www.abilify.com**

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

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Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
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Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.
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U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

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your **keep-it-off** meal plan

Menus for the weight-loss phase of the Get Real Diet gave you about 1,500 calories a day. Now that you're in maintenance mode, you should be eating about 1,700 to 1,800 a day, which is what this sample plan provides. Feel free to mix and match meals and snacks.

DAY 1

breakfast

- Two 4" buttermilk pancakes topped with 1 sliced banana and 2 Tbsp maple syrup
- 1 chicken-apple breakfast sausage

lunch

- 3 oz grilled chicken breast on a whole-wheat hamburger bun with 2 Tbsp blue cheese crumbles, 1 Tbsp barbecue sauce, lettuce and tomato
- 8 baked steak fries (such as Ore-Ida)

dinner

- Tuscan artichoke pasta: Sauté ½ cup thawed frozen artichoke hearts, 1 medium chopped tomato and ½ cup drained cannellini beans in 1 Tbsp olive oil. Stir in 1 Tbsp fresh lemon juice and 2 tsp chopped fresh basil. Toss with 1 cup cooked penne pasta and 2 Tbsp grated Parmesan.

snacks

- 10 all-natural blue corn tortilla chips (like Garden of Eatin') with ¼ cup guacamole
- ½ cup chocolate frozen yogurt

DAY 2

breakfast

- 1 whole-wheat pita stuffed with 1 egg and 2 egg whites (scrambled in 1 tsp butter), sliced tomato, ¼ sliced avocado and 1 Tbsp shredded Cheddar

lunch

- Takeout: 1 medium baked potato topped with 1 small chili (like Wendy's)

dinner

- Individual pizza: 1 whole-wheat personal pizza crust (like Boboli) topped with ¼ cup shredded mozzarella, ¼ cup pineapple chunks and 1 piece crumbled bacon. Bake in a 375°F oven for 5 minutes or until cheese melts.
- 1 cup romaine lettuce with 1 Tbsp Caesar dressing

snacks

- 20 baby carrots with curried yogurt dip (½ cup 2% Greek yogurt mixed with ¼ tsp curry powder)
- 1 small (2¼") chocolate chip cookie with 8 oz nonfat or 1% milk

DAY 3

breakfast

- ¾ cup bran flakes with 1 cup sliced strawberries, 2 Tbsp chopped walnuts and 1 cup nonfat or 1% milk

lunch

- Chicken sandwich: Toss 3 oz skinless cubed rotisserie chicken with 1 Tbsp canola oil mayonnaise, 2 Tbsp dried cranberries and a pinch of dried tarragon. Serve on 2 slices multigrain bread with romaine lettuce.
- ½ cup fruit salad

dinner

- 4 oz fillet of sole sautéed in 2 tsp olive oil with 1 Tbsp fresh lemon juice and 1 Tbsp capers
- 2 oz dried orzo, cooked and tossed with 2 tsp olive oil and 1 cup chopped spinach
- 5-oz glass white wine

snacks

- 1 peach, cut in half and topped with 2 tsp honey and 2 Tbsp sliced almonds
- 1 packet light microwave popcorn (like Newman's Own) tossed with ½ tsp cinnamon sugar **wd**

THE GET-REAL BASICS

- **Eat 3 meals and 1 or 2 snacks every day.**
- **Aim for 2 to 3 servings of lean protein daily, 3 servings of calcium and 3 to 5 servings of healthy grains.**
- **Focus on volume-rich foods (filled with lots of water or air to keep you full).**
- **Eat mostly complex carbs.**
- **Eat mostly healthy fats.**
- **Choose fresh foods over packaged ones when possible.**
- **Keep a food diary.**
- **Make tradeoffs: If you overdo it at one meal, downsize the next (but no meal skipping!).**
- **Aim for about 1,500 to 1,700 calories a day to lose 1 to 2 pounds a week. Once you lose the weight, keep it off by eating about 1,700 to 1,800 calories a day.**

GETTY

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by Barbara Brody

WHEN TO GO TO THE ER

No one wants to get stuck in a crowded ER unnecessarily. We asked Jennifer Trachtenberg, MD, author of *The Smart Parent's Guide to Getting Your Kids Through Checkups, Illnesses and Accidents,* for some guidance to help you decide whether to make the trip.

PLAN AHEAD

Some key questions to ask your pediatrician before an emergency crops up:

- **"Is there a pediatric urgent care center** I can use instead of the ER?"
- **"If I do have to go to the hospital, which one should I go to?** Where do you have privileges? Which one is best equipped to treat kids?"
- **"What emergency supplies should I have on hand?"** Dr. Trachtenberg recommends: infant and/or children's Motrin or Tylenol, gauze, surgical tape, scissors, adhesive bandages, antibiotic ointment, oral antihistamine (like Benadryl), instant ice packs (no freezer necessary) and tweezers. Also keep a mini first-aid kit in your car.

IF YOUR CHILD...	GO TO THE ER IF...	OTHERWISE...
Swallowed something that might be poisonous	He ingested a large amount (like a whole bottle of vitamins or container of detergent as opposed to a few pills or sips).	Call Poison Control at 800-222-1222 (save this number!). They'll ask you what and how much he ingested, his age, height, weight, etc., and then tell you whether you should go to the ER or just monitor him for specific side effects.
Cut herself	She's losing a lot of blood (it's spurting out or gushing heavily and doesn't show any signs of slowing) or she's starting to lose consciousness.	Apply pressure for 10 minutes. If it still hasn't stopped (or the cut looks especially deep), call the pediatrician. She'll tell you whether to come to her office, go straight to a plastic surgeon (if scarring is the biggest concern) or go to the ER.
Has a high fever	He has a fever of 105°F or higher and/or is extremely cranky, agitated, inconsolable or listless. (For babies up to 2 months old, you should go if it's 100.4°F or higher.)	Give him infant or children's Tylenol or Motrin (ask the doc how much) and apply a cool compress. If the fever hasn't gone down after 30 minutes, call the doctor and/or go to the ER.
Bumped her head very hard/got hit in the head	She fainted, is vomiting, isn't acting like herself, has a bad headache, has arm or leg weakness or didn't cry at all (which could mean she lost consciousness briefly).	Give her infant or children's Tylenol or Motrin, apply an ice pack and call the pediatrician. If you notice any symptoms (dizziness, vision problems, etc.) in the next 24 hours, call the doctor back.
Hurt his arm or leg and it may be broken	A bone is protruding through the skin, you can see a deformity (like a wrist that looks bent) or the pain is excruciating.	If it hurts a lot in one spot or can't bear weight, it's probably broken. Give him infant or children's Motrin or Tylenol, apply ice, and call the doc for a referral to an orthopedist. Not sure if it's broken? Wait 24 to 48 hours to see if it improves.
Got burned	A large portion of skin is burned (as in a fire) or if large burns are on her hands, face or groin area.	Run small burns under cold water, apply ice, give her infant or children's Motrin or Tylenol and cover the area with antibiotic ointment and a bandage. If it starts to blister badly, call the doctor.

FROM LEFT: JAMIE GRILL/GETTY; PETER DAZELEY/GETTY.

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With menopause, there's a time to embrace change. And a time to defy it.

Another Pearl of Wisdom from PREMARIN Vaginal Cream. While you use it, it actually restores vaginal tissue to help relieve vaginal dryness and painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want a treatment that works beyond the surface. Menopause can cause changes in the vaginal tissues, causing uncomfortable symptoms. PREMARIN Vaginal Cream can treat the underlying cause of these symptoms by restoring the tissues that support elasticity and provide natural lubrication. And you don't need to keep using it forever—just as long as you need treatment.

Important Safety Information

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb)
  Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

PREMARIN® Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and painful intercourse caused by these changes.

It should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. ***You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.***

Ask your healthcare provider

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PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women age 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

What is PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?

PREMARIN Vaginal Cream is used after menopause to:

- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?

Do not start using PREMARIN Vaginal Cream if you:

- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
  Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- **Had a stroke or heart attack**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients**
  See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:

- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems**. Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest**. You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding**. The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you
- Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. *Gently* squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water. DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:

- Breast cancer
- Cancer of the uterus
- Stroke
- Heart attack
- Blood clots
- Dementia
- Gallbladder disease
- Ovarian cancer
- High blood pressure
- Liver problems
- High blood sugar
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
- Unusual vaginal bleeding
- Dizziness and faintness
- Changes in speech
- Severe headaches
- Chest pain
- Shortness of breath
- Pains in your legs
- Changes in vision
- Vomiting
- Yellowing of the skin, eyes, or nail beds

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:

- Headache
- Breast pain
- Irregular vaginal bleeding or spotting
- Stomach/abdominal cramps, bloating
- Nausea and vomiting
- Hair loss
- Fluid retention
- Vaginal yeast infection
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?

- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream

PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α-dihydroequilin, 17 α-estradiol, and 17 β-dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

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Pfizer has programs that can help. Call **1-866-706-2400** or visit **www.PfizerHelpfulAnswers.com.**

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say "om" for a better body

Yoga-inspired moves that tone and firm by Denise Austin

If you've always wanted to try yoga but aren't sure where to start, this is the workout for you! Yoga has so many health and body benefits: It helps tone and lengthen your muscles, making you leaner. Research also shows that doing yoga can improve your flexibility, help you de-stress and lower your blood pressure, which protects your heart. One study even found that it can help fight aging from the inside out because it reduces the inflammation that's linked to so many diseases and conditions. The moves can seem intimidating, but you don't have to be a pro to reap the benefits.

I've developed this workout based on easy yoga poses that you can do in 20 minutes or less. Take off your shoes, roll out a mat and do it 3 or 4 times a week. You should start looking more toned in 3 weeks.

MORE MOVES, page 134

HILMAR MEYER-BOSSE

1 tree twists

Tones waist, back and abs. **a)** Stand with feet together, arms extended above head next to ears. Intertwine your fingers and clasp hands together with index fingers pointing to ceiling. Bend slightly to your left. **b)** Twist torso so your left shoulder is pressing down toward floor behind you and your gaze is directed up. Hold for 5 seconds, then rotate back to starting position. Do 10 twists on each side.

Always check with your doctor before starting an exercise routine.

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BEAUTY AND RADIANCE ... AND YOUR TWO NAMES ...

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The rare emerald has graced crown jewels and precious art objects since ancient times. Now, the legendary beauty of the emerald, the brilliance of diamonds, and the richness of silver and gold come together in a stylish new design—the "Emerald & Diamond Embrace Personalized Ring."

This solid sterling silver ring features double bands aglow in silver and 24K-gold plating. Twin pavé "ribbons" embrace the bands—each one glittering with two genuine diamonds—and at the center of the eternity design is a magnificent marquise-cut emerald. To make your expression of love even more personal, you can choose to have your names engraved together forever on the inside of this captivating ring.

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OPTIONAL FREE ENGRAVING

LETS YOU ADD YOUR NAMES TOGETHER FOREVER ON YOUR RING

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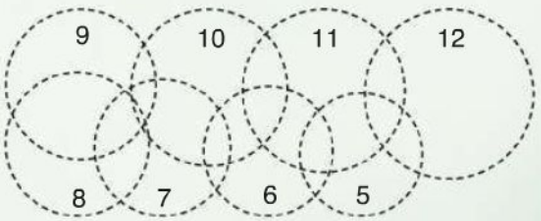

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2 thigh sit-backs

Works thighs and butt. **a)** Kneel with arms extended straight in front of you. **b)** With abs tight, lean back slightly (no more than 45 degrees), turning palms up. Hold for 3 seconds, then sit back up. Repeat 10 times.

3 warrior lunges

Strengthens back and legs. **a)** Step right leg out wide, bending knee at a 90-degree angle, keeping left leg straight. Extend arms out to the sides so they form a straight line. **b)** Reach right arm toward floor, tilting upper body, keeping arms in a straight line. Hold for a few seconds, then return to start. Repeat 10 times, then switch sides.

6 child's pose

Full-body stretch. Sit on your knees with chest folded into legs. Stretch your arms straight in front of you with palms facing down. Press your nose toward floor as you push your butt back toward your heels. Hold for 60 seconds, breathing deeply.

4 cobra pushups

Strengthens arms, shoulders, back. **a) Lie facedown with hands on either side of chest, elbows bent, palms down. Push up slightly, keeping abs on the floor. b) Push farther up, lifting your upper body off the floor, keeping thighs on the ground. Lower back down to position a). Do 2 sets of 10.**

5 downward dog

Stretches back, abs, calves, hamstrings, shoulders. **a)** Start on your hands and feet (heels off the ground) with butt in the air. **b)** Push chest to knees, dropping your head between arms. Hold for 30 seconds, rest, then repeat 5 times.

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eat well

PRESTO, PESTO!

You can snip fresh basil leaves from the plant on your windowsill or pick some up in the produce aisle—either way, they're the base for a fast, flavorful sauce that livens up pasta, grilled beef, potatoes and lots more. *Mmm...* summer at its best.

ANN STRATTON; PROP STYLING BY MATTHEW GLEASON.

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basil pesto

MAKES ABOUT 1 CUP

ACTIVE: 10 MIN TOTAL: 15 MIN

- **2 cups firmly packed fresh basil leaves**
- **⅓ cup walnuts or pine nuts**
- **3 Tbsp grated Parmesan**
- **2 small cloves garlic (or 1 large one)**
- **¼ tsp each salt and pepper**
- **½ cup extra-virgin olive oil**

1. In a food processor, combine all ingredients except the oil. Pulse until a thick paste forms. With processor on, add oil in a slow stream until mixture is well combined.

2. Transfer to an airtight container. Press plastic wrap directly onto pesto (to keep basil from browning). Cover with lid; refrigerate up to 4 days or freeze up to 2 months.

have it your way

▶ **Replace the walnuts or the pine nuts with unsalted roasted sunflower seeds.**

▶ **Nut allergies? Prepare the pesto without the nuts and double the amount of Parmesan.**

▶ **Replace the basil leaves with fresh cilantro or parsley. Before transferring the pesto to a container, stir in 2 tsp lime juice.**

one sauce, 7 new uses

Got your pesto? Now do this: Divide your leftovers into an ice cube tray, seal it tightly with plastic wrap and freeze. Later, pop out a cube or two as needed, defrost them in the microwave and…

- Toss them into minestrone or lentil soup.
- Add them to marinara sauce to punch up the flavor.
- Coat fish fillets with pesto, then sprinkle with bread crumbs and bake or broil.
- Spread onto a sandwich (try smoked turkey) instead of mayonnaise.
- Spoon onto grilled lamb or pork chops.
- Brush onto chicken breasts before roasting.
- Combine with boiled new potatoes, steamed greens or sautéed zucchini.

COOL TOOL

Love freshly shucked corn on the cob but not the hassle (or mess) of cutting off the kernels for recipes? You can now pop corn off the ear using the OXO Good Grips Corn Peeler. Just swipe the gadget's serrated blade down the rows and watch the kernels fall handily into your bowl. ($9.99; at Bed Bath & Beyond or **oxo.com**)

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ONE CAN OF FROZEN LIMEADE

+

ONE CAN OF CHAMPAGNE

+

2/3 CAN OF SAUZA BLANCO

+

1/3 CAN OF DEKUYPER STRAWBERRY LIQUEUR

+

ONE CAN OF WATER

Pour limeade into pitcher with ice. Fill limeade can with champagne and pour into pitcher. Then fill limeade can with 2/3 Sauza Blanco and 1/3 Dekuyper Strawberry and pour in. Lastly, add a can of water, stir and serve over ice. Makes 9 delicious drinks, perfect for any ladies night in.

Looking for a lighter option? Swap soda water for the champagne and 2 cups of sliced strawberries for the Strawberry Liqueur.

TASTE TEST

top dogs

In pursuit of the best BBQ staples, the WD test kitchen staff grilled and boiled 40 frankfurters. Here, the ones you'll relish.

ALL-BEEF

Sabrett: Its smoky take-me-out-to-the-ball-game flavor is a total home run.

Boar's Head: Garlic powder and paprika give it extra heat.

Oscar Mayer: Want sweet smokiness with a hint of garlic? Choose O-S-C-A-R.

TURKEY

Shady Brook Farms: Lower in fat than beef versions, this pick is firm and juicy.

Oscar Mayer: The I-can't-believe-it's-turkey dog tastes like the real thing.

REDUCED FAT & SODIUM

Boar's Head Lite: You won't miss the calories and salt in this healthy yet flavorful frank, which has 40 percent less of both than a traditional dog.

ANGUS

Ball Park Angus: The Cadillac of wieners, this winner is plump and great for grilling.

Oscar Mayer Angus: Honorable mention goes to this frank made with no nitrites.

last-minute entertaining staples

Chips and salsa never disappoint, but if you really want to impress a surprise guest, stock up on these items that look gourmet but aren't. (We won't tell.)

- crisp breadsticks
- tapenade (olive spread)
- assorted nuts
- marinated artichokes
- roasted peppers
- caponata (eggplant dip)
- whole-grain crackers

no more meltdowns!

Before you scoop mint chocolate chip into your child's sure-to-leak sugar cone, drop a mini-marshmallow inside to plug the hole. So long, sticky fingers!

BURCU AVSAR; FOOD STYLING BY STEPHANA BOTTOM; PROP STYLING BY PHILIPPA BRATHWAITE.

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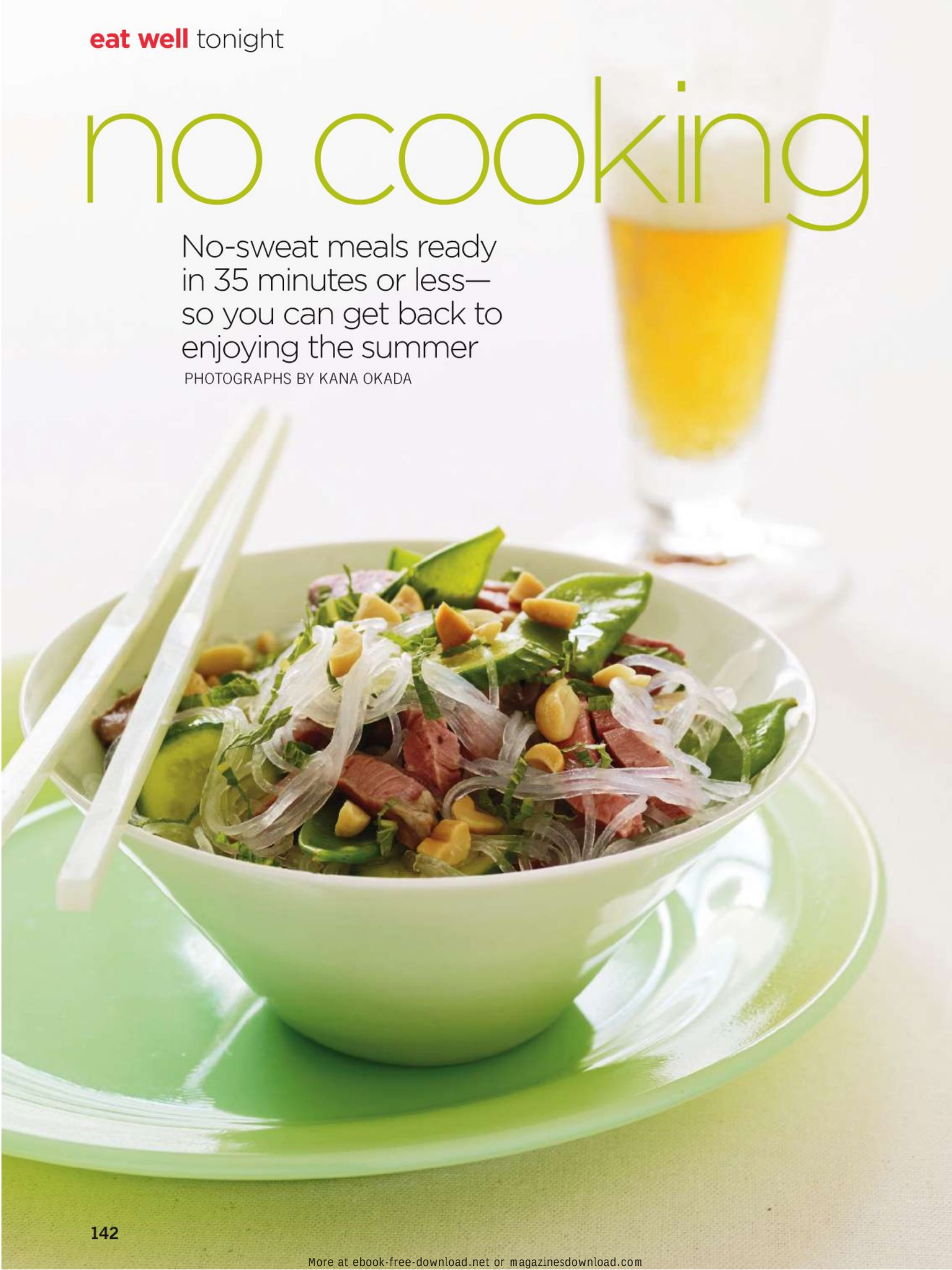

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southwestern
shrimp, page 145

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thai beef and noodle salad

SERVES 4

ACTIVE: 15 MIN TOTAL: 15 MIN

- **1 package (3¾ oz) cellophane noodles**
- **4 cups boiling water**
- **¾ cup halved snow peas**
- **¼ cup white vinegar**
- **2 Tbsp sugar**
- **1 tsp grated ginger**
- **½ tsp kosher salt**
- **8 oz thickly sliced deli roast beef, cut in strips**
- **1½ cups sliced seedless cucumber**
- **½ cup sliced fresh mint**
- **¼ cup chopped peanuts (optional)**

1. Put noodles and snow peas in a large bowl. Pour in boiling water and let sit 10 minutes until noodles are tender. Drain; rinse under cold running water and drain again. Shake colander to remove excess water, then return to bowl.

2. Combine vinegar, sugar, ginger and salt in a jar; shake to dissolve sugar.

3. Pour dressing over noodles and snow peas; add remaining ingredients (except peanuts) and toss to coat. Sprinkle each serving with peanuts if desired.

Per serving: 200 cal, 12 g pro, 34 g car, 2 g fiber, 2 g fat (1 g sat fat), 25 mg chol, 536 mg sod

Have leftover chicken on hand? Substitute the beef or shrimp in these recipes with precooked pieces.

southwestern shrimp

SERVES 4

ACTIVE: 15 MIN TOTAL: 15 MIN

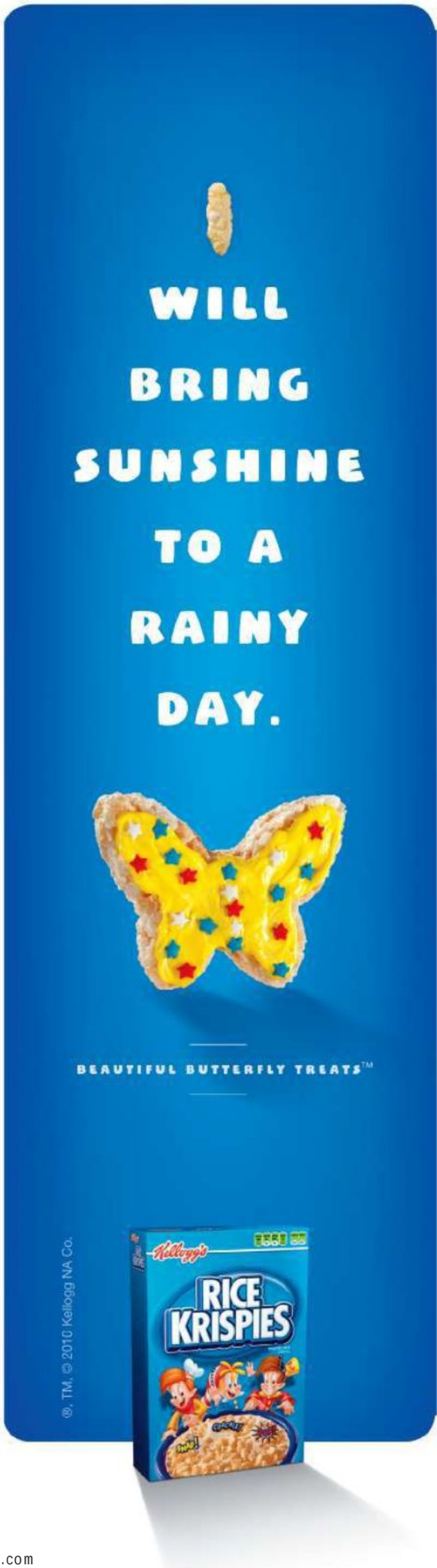
- **1 lb large peeled cooked shrimp**
- **1 cup diced jicama**
- **½ cup mild salsa (preferably refrigerated fresh)**
- **1 Tbsp olive oil**
- **⅓ cup chopped cilantro**
- **¼ tsp ground cumin**
- **1 ripe avocado, sliced**

Serve with: warm corn or flour tortillas, lime wedges

1. Put shrimp, jicama, salsa, oil, cilantro and cumin in a medium bowl; toss to mix.

2. Add avocado; gently toss to mix. Roll up in warm tortillas if desired. Serve with lime wedges. ▶

Per serving: 218 cal, 25 g pro, 7 g car, 4 g fiber, 10 g fat (2 g sat fat), 221 mg chol, 370 mg sod



RECIPES BY *WOMAN'S DAY* FOOD DEPARTMENT; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY PAMELA DUNCAN SILVER.

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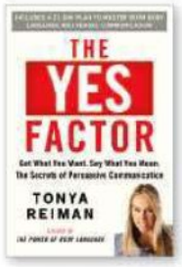

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asian chicken salad lettuce cups

SERVES 4

ACTIVE: 12 MIN TOTAL: 12 MIN

- **1 deli rotisserie chicken**
- **1 cup shredded carrots**
- **1 can (8 oz) sliced water chestnuts, halved**
- **6 scallions, diagonally sliced**
- **¼ cup plain Greek yogurt**
- **¼ cup Asian sesame salad dressing**
- **1 head Boston lettuce, separated into leaves**

Garnish: hot pepper flakes (optional)

1. Remove and discard chicken skin and pull meat off bones. Tear or cut meat into bite-size pieces. Place in a large bowl with carrots, water chestnuts and scallions.

2. In a small bowl, whisk yogurt with salad dressing; toss with chicken mixture.

3. Spoon into lettuce leaves. Sprinkle with hot pepper flakes, if using. ▶

Per serving: 236 cal, 28 g pro, 16 g car, 4 g fiber, 8 g fat (2 g sat fat), 67 mg chol, 578 mg sod

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Important Patient Information

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WHAT IS EXELON PATCH AND WHAT ARE ITS USES?

EXELON® PATCH (rivastigmine transdermal system) is a prescription medicine which contains rivastigmine, an acetylcholinesterase inhibitor and is used for the treatment of mild to moderate Alzheimer's dementia and mild to moderate Parkinson's disease dementia.

WHO SHOULD NOT USE EXELON PATCH?

EXELON PATCH should not be used if the patient is allergic to rivastigmine or any of the other ingredients of EXELON PATCH, or has had an allergic reaction to a similar type of medicine. Speak to the doctor before using EXELON PATCH.

WHAT SHOULD I BE AWARE OF BEFORE USING EXELON PATCH?

At higher than recommended doses, EXELON PATCH is associated with significant stomach related side effects such as: nausea, vomiting, diarrhea, decreased appetite, and weight loss. For this reason, people should always start at the low dose. After a minimum of four weeks of treatment, and if well tolerated, the doctor may increase the dose to the next level. If you have not applied EXELON PATCH for several days, do not apply the next patch before you have talked to a doctor.

Weight should be checked while the person is using EXELON PATCH. People below 50 kg, or 110 lbs, may experience more side effects and may have to stop using EXELON PATCH due to these side effects.

In studies for Parkinson's disease dementia, parkinsonian symptoms, particularly tremor, occurred or worsened in some people taking EXELON® (rivastigmine tartrate) capsules.

WHAT SHOULD I BE AWARE OF BEFORE USING EXELON PATCH? (continued)

Take special care with EXELON PATCH and talk to the doctor if the patient has or has ever had any of the following: an irregular heartbeat, an active stomach ulcer, difficulties passing urine, seizures, asthma or severe respiratory disease, trembling, low body weight or impaired liver function. The doctor may need to monitor the patient more closely while on EXELON PATCH.

WHAT ARE THE MOST COMMON SIDE EFFECTS?

The most common side effects include nausea, vomiting, and diarrhea. For a complete list of possible side effects of EXELON PATCH, ask your doctor.

WHAT SHOULD I DO IF I ACCIDENTALLY APPLY MORE THAN 1 EXELON PATCH?

If you accidentally apply more patches than you should remove all patches and inform the doctor immediately.

WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICATIONS WITH EXELON PATCH?

Tell the doctor about all other prescription or nonprescription medicines the patient is taking. EXELON PATCH should not be given together with other medicines that have a similar effect on the body and the brain (cholinomimetic agents) or with anticholinergic medicines. Inform the doctor if the patient needs surgery requiring anesthesia while using EXELON PATCH.

WHAT ADDITIONAL INFORMATION SHOULD I KNOW BEFORE USING EXELON PATCH?

The safety of EXELON PATCH has not been evaluated in pregnant women or in women breastfeeding children. EXELON PATCH is not recommended for use in children.

STILL HAVE MORE QUESTIONS?

This is only a summary of important information. Ask your doctor for more complete product information, or visit www.exelonpatch.com.

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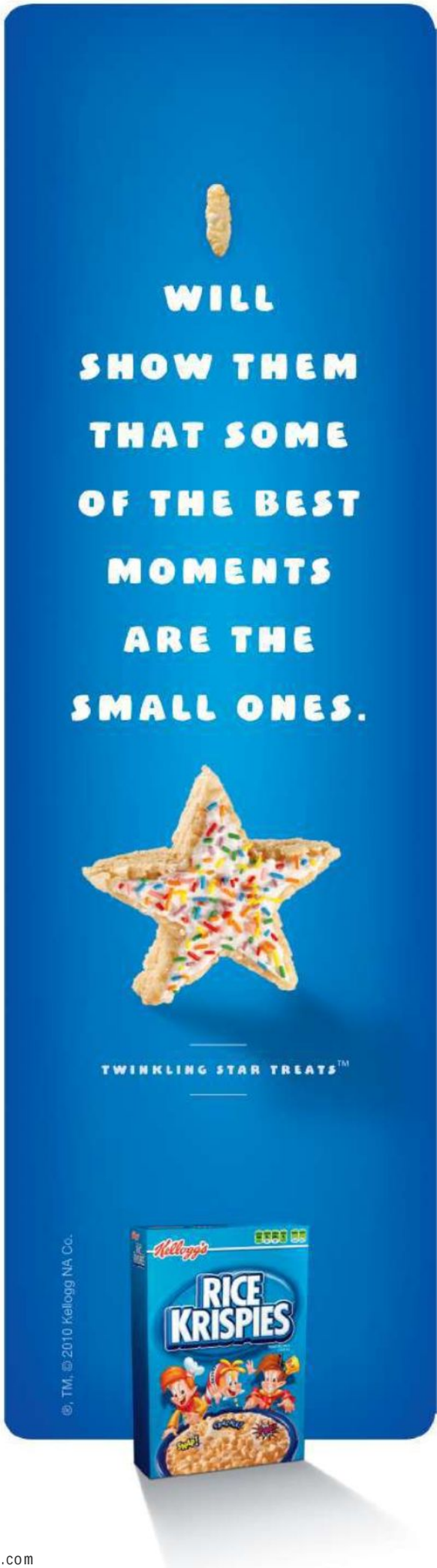
smoked turkey
& bulgur salad
page 151

For a fork-free twist on this main course, spread a dollop of hummus on a whole-wheat pita, and pile the turkey and bulgur salad inside.



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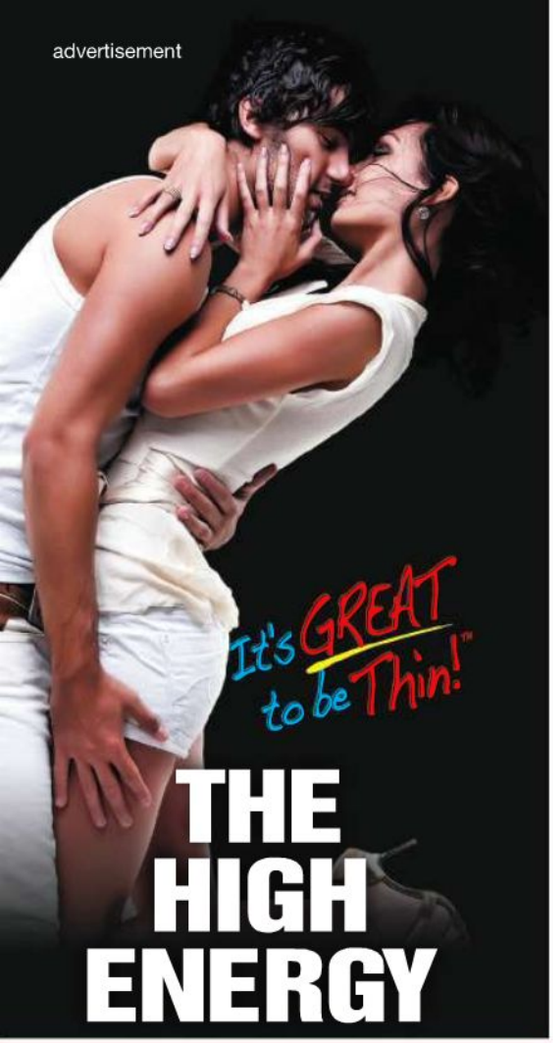

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smoked turkey & bulgur salad

SERVES 4

ACTIVE: 30 MIN TOTAL: 30 MIN

- **1 cup uncooked bulgur**
- **2 cups boiling water**
- **1 slice (¾-in.-thick) deli smoked turkey (about 12 oz)**
- **2 medium yellow tomatoes**
- **1 seedless cucumber**
- **½ small red onion**
- **⅓ cup chopped parsley**

Lemon-Cumin Dressing

- **¼ cup lemon juice**
- **2 Tbsp olive oil**
- **½ tsp ground cumin**
- **¼ tsp each salt and pepper**

Serve with: hummus

1. Put bulgur in a medium bowl. Add boiling water; cover and let soak 30 minutes.

2. Meanwhile, cut smoked turkey into ¾-in. pieces and coarsely chop tomatoes. Cut cucumber lengthwise in quarters, then into ½-in. slices. Finely chop red onion. Gently mix turkey, tomatoes, cucumber, onion and parsley in a large bowl.

3. Meanwhile, make dressing: Whisk lemon juice, olive oil, cumin, salt and pepper in a small bowl until blended.

4. Drain bulgur well; add to turkey mixture. Toss with dressing until evenly coated.

5. To serve, spread a little hummus on a plate and place a large scoop of salad on the side.

Per serving: 298 cal, 21 g pro, 36 g car, 8 g fiber, 10 g fat (2 g sat fat), 36 mg chol, 961 mg sod

tuna & white bean salad

SERVES 4

ACTIVE: 10 MIN TOTAL: 20 MIN

- **1 bag (12 oz) microwave-in-the-bag fresh green beans**
- **2 cans (5 to 6 oz each) solid light tuna in olive oil, undrained**
- **3 Tbsp red wine vinegar**
- **1 tsp Dijon mustard**
- **¼ tsp each salt and pepper**
- **1 can (15 to 16 oz) cannellini beans, rinsed and drained**
- **1 medium tomato, cut into wedges**
- **½ cup pitted Kalamata olives**

Garnish: chopped parsley

1. Microwave green beans according to package directions. Remove from microwave and let cool slightly.

2. Meanwhile, make dressing: Drain olive oil from tuna into a liquid measuring cup (you should have ¼ cup). Add vinegar, mustard, salt and pepper, and stir with a fork to blend.

3. In a large serving bowl, gently combine green beans, cannellini beans, tomato and olives. Break tuna into chunks using a fork and place on top of salad. Drizzle dressing over salad and garnish with parsley, if desired. ▶

Per serving: 347 cal, 29 g pro, 25 g car, 7 g fiber, 14 g fat (3 g sat fat), 53 mg chol, 1,103 mg sod

RICE KRISPIES®
TWINKLING STAR TREATS™

INGREDIENTS
3 tbsp. butter or margarine

1 10-oz. package regular marshmallows

6 cups Rice Krispies® Cereal

Canned frosting or decorating gel

Assorted candies and sprinkles

DIRECTIONS
1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add KELLOGG'S® RICE KRISPIES® and stir until well coated.

3. Press mixture into a 15" x 10" pan coated with cooking spray. Cool slightly.

4. Using cookie cutter coated with cooking spray, cut into star shapes.

5. Decorate with frosting and candy.

FOR MORE RECIPES AND NUTRITION INFORMATION, VISIT RICEKRISPIES.COM

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tuna & white bean salad
page 151

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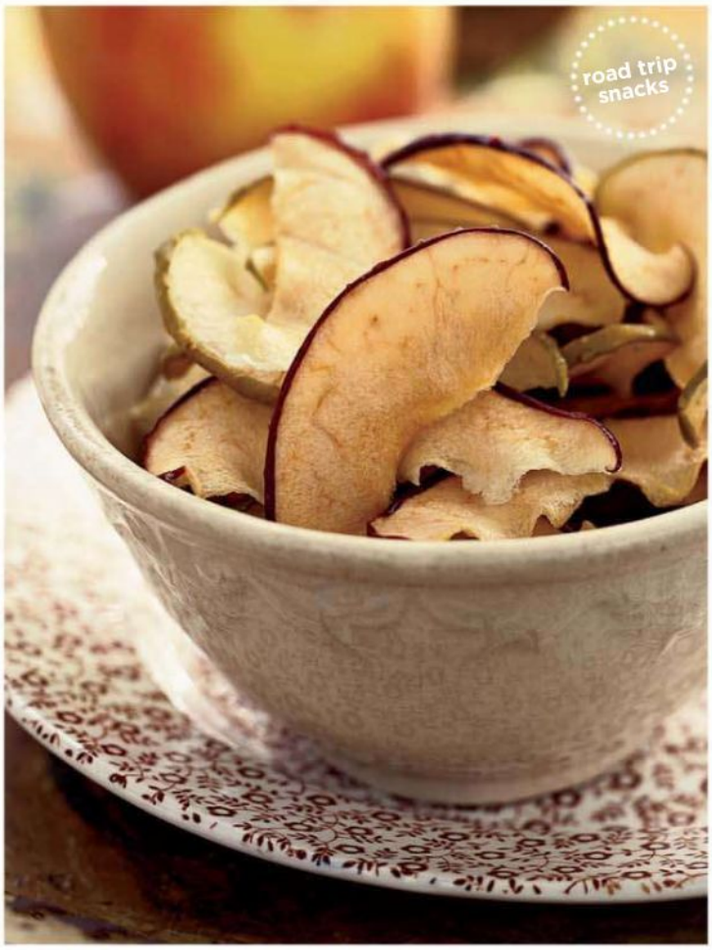
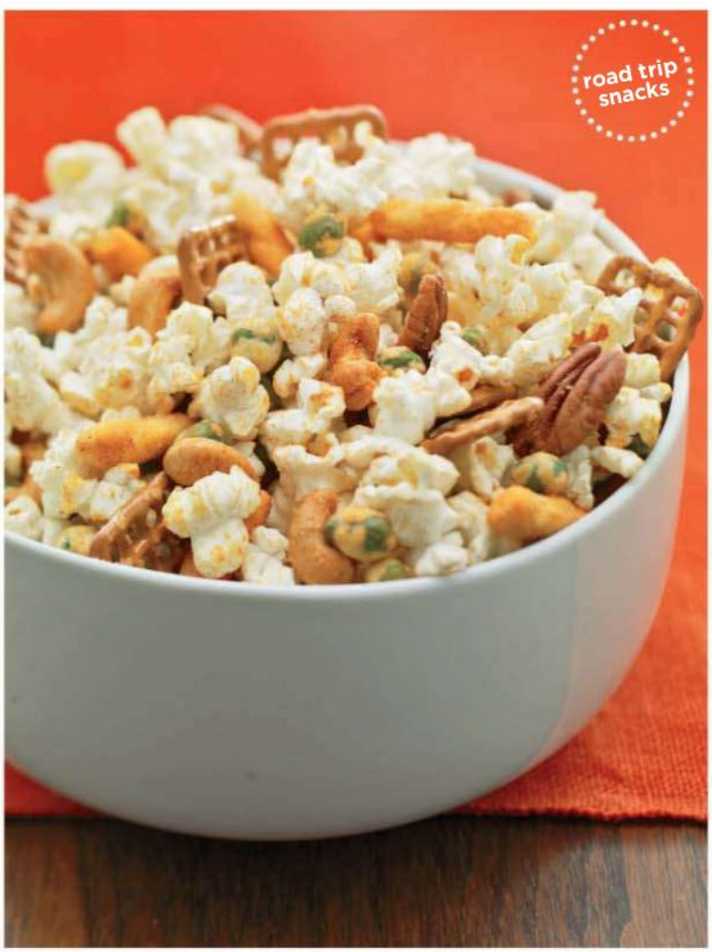
TEAR OUT AND SAVE

baked apple chips



crispy peanut butter bars

happy trails snack mix



ICED CHERRY RAISINETS
CINNAMON ROLLS
Nestlé RAISINETS
PROMOTION

CLOCKWISE FROM TOP LEFT: JACQUELINE HOPKINS; MARK THOMAS (2).
AUGUST 2010

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crispy peanut butter bars

MAKES 60

ACTIVE: 20 MIN TOTAL: 1 HR 20 MIN (INCLUDES CHILLING TIME)

- **1 bag (10 oz) peanut butter chips**
- **1 stick (½ cup) butter**
- **6½ cups crisp rice cereal**
- **1 bag (12 oz) semisweet chocolate chips**
- **½ cup light corn syrup**
- **½ cup honey-roasted peanuts, chopped**

1. Line a 13 x 9-in. baking pan with nonstick foil to extend about 2 in. above narrow ends of pan.

2. Microwave peanut butter chips and butter in a large glass bowl, stirring at 20-second intervals, until blended and smooth. Add cereal and stir until evenly coated.

3. Spread cereal mixture into prepared pan, pressing into an even layer. Place pan in freezer 10 minutes or until firm.

4. Melt chocolate chips as directed on bag. Add corn syrup; stir until blended. Spread over cereal mixture; sprinkle evenly with nuts. Refrigerate 1 hour to firm.

5. Lift foil by ends onto cutting board. Cut crosswise into 10 strips, then cut each strip into 6 bars.

Per bar: 89 cal, 2 g pro, 11 g car, 0 g fiber, 5 g fat (3 g sat fat), 4 mg chol, 61 mg sod

Woman's Day *womansday.com*

baked apple chips

MAKES ABOUT 3 CUPS

ACTIVE: 15 MIN TOTAL: 2 HR 45 MIN

- **1 cup each water and sugar**
- **2 large apples, not peeled**

1. Heat oven to 225°F. Set an 18 x 14½-in. wire cooling rack on a sheet of foil (to catch drips). Lightly coat rack with nonstick cooking spray.

2. Put water and sugar in a 2-qt saucepan. Bring to a boil, stirring until sugar dissolves. Boil vigorously 5 minutes until it is a light syrup consistency.

3. Meanwhile, core and quarter apples. Cut each quarter into 10 to 12 thin slices. Put in a large metal bowl and carefully add boiling hot syrup. Toss apples with tongs until well coated. Remove slices separately and place close together (not overlapping) on prepared rack. Replace foil (you may need 2 pieces side by side), bring up sides and crimp to edge of rack.

4. Bake 2½ hours. Loosen chips; let cool on rack. (As they cool, they become crisp.) Store in an airtight container.

Per ¼-cup serving: 52 cal, 0 g pro, 14 g car, 1 g fiber, 0 g fat (0 g sat fat), 0 mg chol, 0.5 mg sod

Woman's Day **heart-healthy**
see womansday.com/hearthealthy

TEAR OUT AND SAVE

ICED CHERRY RAISINETS® CINNAMON ROLLS

MAKES 12

ACTIVE: 40 TOTAL: 1 HR 25 MIN

Nonstick cooking spray
3 tablespoons packed brown sugar
2 teaspoons ground cinnamon
1 loaf (1 pound) frozen wheat or white yeast bread dough, thawed
2 tablespoons butter, melted
1 package (4 ounces) Cherry NESTLÉ RAISINETS Dark Chocolate-Covered Dried Cherries
1/2 cup chopped nuts (optional)
1/2 cup plus 1 tablespoon powdered sugar
2 tablespoons any flavor NESTLÉ COFFEE-MATE Liquid Coffee Creamer

SPRAY 12 x 7-inch baking dish with nonstick cooking spray. Combine brown sugar and cinnamon in small bowl; set aside.

ROLL out dough into 10 x 12-inch rectangle on floured surface. Brush butter over dough. Sprinkle with sugar mixture. Press Cherry Raisinets into dough to within ½-inch of border. Sprinkle with nuts. Roll up dough starting at long end; pinch dough to seal. Cut into 12 slices; place cut-side-up in prepared pan (replace any Raisinets that may have fallen out). Cover with damp cloth; let rise in warm place until dough almost fills pan (45 to 55 minutes) or cover tightly with plastic wrap and refrigerate overnight to rise.

PREHEAT oven to 350° F.

BAKE for 25 to 30 minutes or until deep golden brown. Cool slightly in pan on wire rack.

COMBINE powdered sugar and Coffee-mate in small bowl; stir well. Drizzle over warm rolls. Serve immediately.

Cook's Tip: Any variety of Raisinets can be used.

INTRODUCING CHERRY RAISINETS.
Covered in rich dark chocolate, new Cherry Raisinets make a great treat. And add oomph to your favorite recipes. Look for them in the candy aisle. And get a taste of their personality at **youtube.com/raisinets.**

PROMOTION

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happy trails snack mix

MAKES 18 CUPS

ACTIVE: 6 MIN TOTAL: 15 MIN

- **2 cups unsalted mixed nuts (we used pecans and cashews)**
- **Nonstick cooking spray**
- **2 tsp smoked paprika**
- **1 tsp each garlic powder and onion powder**
- **½ tsp salt**
- **1 bag (3.5 oz) microwave popcorn**
- **2 cups each baked cheese snacks, pretzel snaps and wasabi peas**

1. Heat oven to 350°F. Line a rimmed baking sheet with foil.

2. Spread nuts on sheet; coat with nonstick cooking spray. Mix smoked paprika, garlic powder, onion powder and salt in a small bowl. Sprinkle 1 tsp over nuts.

3. Bake 8 minutes or until nuts are toasted and fragrant.

4. Meanwhile, microwave popcorn as package directs. Immediately pour into a large bowl, add remaining paprika mixture and toss to coat. Stir in remaining ingredients.

Per ½-cup serving: 104 cal, 2 g pro, 11 g car, 1 g fiber, 6 g fat (1 g sat fat), 0 mg chol, 191 mg sod

Woman's Day *womansday.com*

AUGUST 2010

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fresh tomato soup

SERVES 4

ACTIVE: 15 MIN TOTAL: 35 MIN

- **3 lb ripe tomatoes, coarsely chopped**
- **¼ medium onion, chopped**
- **1 Tbsp each extra-virgin olive oil and balsamic vinegar**
- **1½ tsp kosher salt**
- **1 to 3 tsp sugar**

Serve with: Prosciutto & Mozzarella Sandwich (*right*)

1. Put tomatoes, onion, olive oil, vinegar and salt in a large bowl; toss. Let stand at room temperature at least 20 minutes or until tomatoes release their juices, tossing occasionally. Process in food processor or blender until mixture is smooth.

2. Force through a fine-mesh sieve into a bowl; discard solids. Stir in 1 to 3 tsp sugar depending on ripeness of tomatoes (the less ripe, the more sugar). Serve at room temperature or chilled, drizzled with additional oil.

Per ¾ cup soup: 64 cal, 1 g pro, 8 g car, 2 g fiber, 4 g fat (1 g sat fat), 0 mg chol, 568 mg sod

prosciutto & mozzarella sandwich

Whisk **2 Tbsp each balsamic vinegar and olive oil** in a cup until blended; set aside. Drain and chop a **6-oz jar artichoke hearts**; toss with **¼ cup olive tapenade**. Toast **4 slices focaccia bread**; brush one side of each with vinegar-and-oil mixture. Evenly spoon artichoke mixture onto each slice of focaccia. Top each with **2 slices fresh mozzarella, 2 slices prosciutto** and a few **basil leaves**. **wd**

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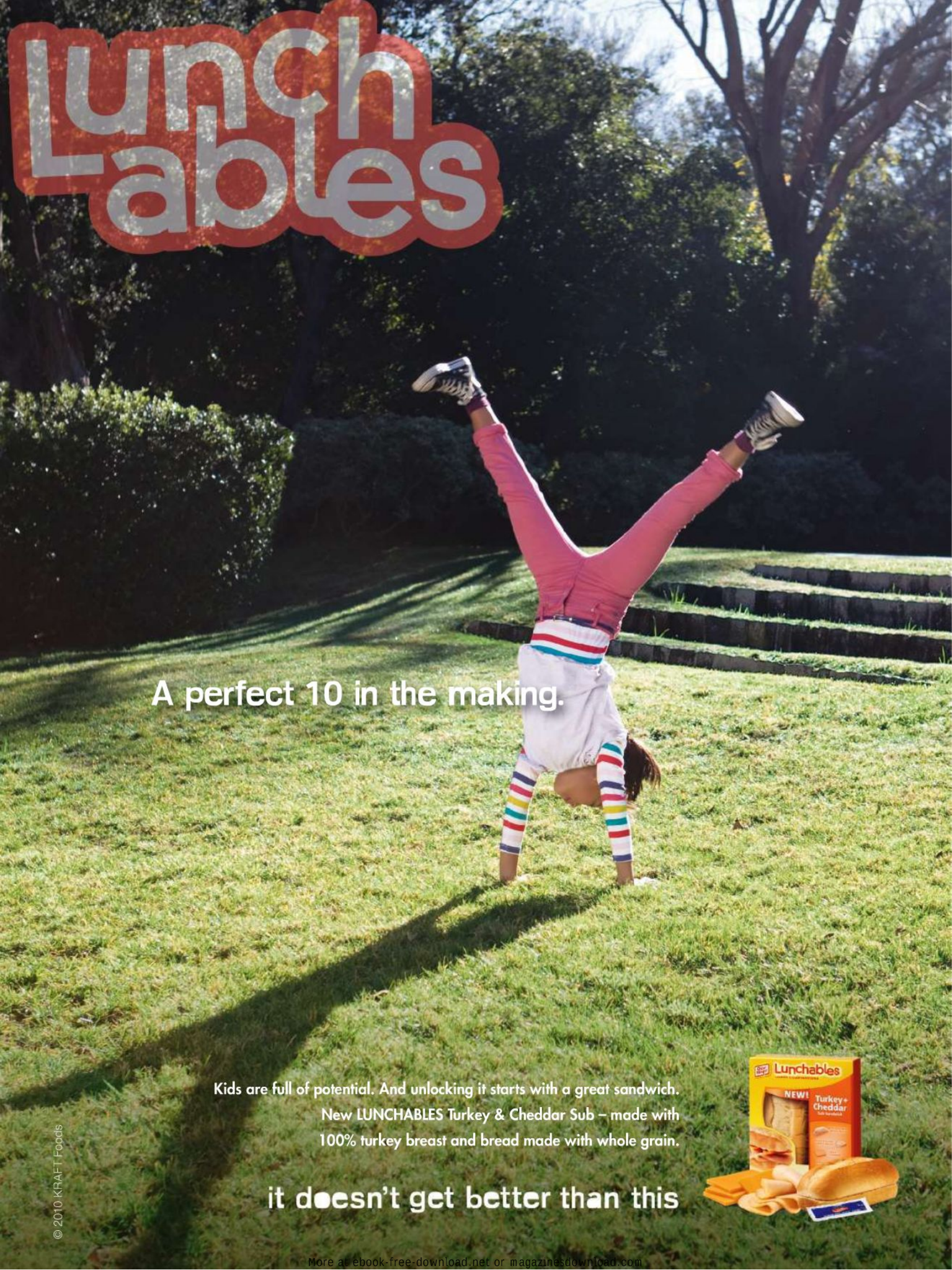

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eat well this month
august

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 GRILLED CHIPOTLE LONDON BROIL Corn on the cob Sliced beefsteak tomatoes	**2** MEATLESS MONDAY SPAGHETTI WITH SHAVED VEGGIES Mixed green salad	**3** ORANGE CHICKEN WITH WILTED SPINACH SALAD	**4** LOWFAT GREEK LEMON & OREGANO MAHI MAHI Orzo Sautéed zucchini	**5** TEX-MEX TURKEY BURGERS Baked tortilla chips Sliced avocados on lettuce	**6** LOWFAT CURRIED COUSCOUS WITH PORK Romaine lettuce & sliced carrot salad	**7** PESTO CHICKEN SANDWICHES WITH TOMATO-FETA SALAD
8 HAM WITH HAWAIIAN SALSA & SWEET POTATOES	**9** MEATLESS MONDAY ROASTED SPAGHETTI SQUASH, TOMATOES & ZUCCHINI Arugula & sweet onion salad	**10** LOWFAT YOGURT-GRILLED CHICKEN Grilled sliced eggplant Rice pilaf	**11** TILAPIA & VEGETABLE PACKETS French bread	**12** STEAK VERDE Warm whole-grain flour tortillas Sliced avocados & red onion on lettuce	**13** PORK-VEGETABLE STIR-FRY Quick-cooking brown rice	**14** BROILED CHICKEN & PEPPER SANDWICHES Mixed green salad

15 PITA BURGERS WITH GARDEN RELISH Potato salad	**16** MEATLESS MONDAY AJ'S MAC-N-CHEESY Romaine, cherry tomato & cucumber salad	**17** LOWFAT ASPARAGUS SOUP WITH TURKEY & TOMATO TARTS	**18** CRUNCHY FISH STICKS & SMASHED POTATOES Sautéed sugar snap peas	**19** LOWFAT BBQ PORK CHOPS WITH NECTARINE SLAW	**20** CHICKEN TACOS Mexican rice mix with chopped cilantro	**21** MEDITERRANEAN PASTA WITH TOMATOES & ARUGULA Whole-grain Italian bread
22 ASIAN GRILLED FLANK STEAK Grilled bell pepper halves & whole scallions Brown rice	**23** MEATLESS MONDAY VEGGIE BURGERS WITH ZUCCHINI Cucumber & cherry tomato salad	**24** LOWFAT CUBAN BLACK BEANS & RICE Hot pepper sauce	**25** LOWFAT SLOW COOKER CHICKEN POZOLE Warm corn tortillas	**26** SHRIMP LIMONE WITH PASTA & ASPARAGUS Spinach salad	**27** SPANISH TORTILLA Mixed baby greens salad	**28** BEEF STIR-FRY Rice with sliced scallions
29 LOWFAT BALSAMIC LAMB STEAKS WITH SPINACH & COUSCOUS	**30** MEATLESS MONDAY BROCCOLI & TOMATO PIZZAS Caesar salad	**31** FARFALLE WITH SALMON & MINT Butter or Boston lettuce with sliced cucumber salad				

» Go to *womansday.com/menus* for entrée recipes

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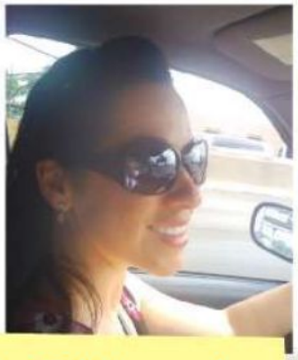

Dina D'Alessandro,
Soul Searcher, Road Warrior & Born-Again Optimist

ROAD TRIP DIARY #3

ME, MYSELF & 3,300 MILES

Sometimes life really is a highway

It's not often that a 38-year-old woman hits the interstate alone, without a plan, but a few years ago, when I was feeling particularly "stuck" in life, that's exactly what I did. Not only did I live to tell the tale, but it was the best non-plan I ever made. Armed with an atlas, a small suitcase, and a few self-help audio books, I left New York and pointed my rented Chrysler south. I covered nearly a dozen states in a week and kept my hunger satisfied with farm-stand produce and tasty treats, and, watching the landscape change, found myself falling in love with the world again. My takeaways from the trip? As long as you have yourself, you're always in good company, and, when you don't have a plan, you *can't* make a wrong turn.

FOLLOW THE ADVENTURE

Visit youtube.com/raisinets to see how Cherry rocks the Raisinets world.

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ready when you get home: green chili

Prepare this hearty dish in the morning and let it simmer in your slow cooker until dinnertime

MAKES 8 CUPS; SERVES 6

ACTIVE: 10 MIN
TOTAL: 5 TO 6 HR ON HIGH; 8 TO 9 HR ON LOW

- 1 jar (16 oz) salsa verde (1¾ cups)
- 2 lb boneless, skinless chicken thighs, cut into 1½-in. pieces
- 1 can (15 oz) corn, drained
- 1 can (15.5 oz) cannellini beans, rinsed
- 2 cubanelle peppers, chopped
- 1 medium onion, finely chopped
- 1 Tbsp minced garlic
- 2 tsp ground cumin
- ½ tsp salt
- ½ cup chopped cilantro

Serve with: lime wedges, sour cream

1. Mix all ingredients except cilantro in a 3½-qt or larger slow cooker.
2. Cover and cook on high 5 to 6 hours or on low 8 to 9 hours until chicken is cooked through.
3. Stir in cilantro; serve with lime and sour cream.

Per serving: 322 cal, 35 g pro, 29 g car, 5 g fiber, 7 g fat (2 g sat fat), 125 mg chol, 825 mg sod

recipe twists

1. Use 2 large turkey thighs instead of chicken thighs. Remove the skin and cook as above; shred the meat and serve in warmed flour or corn tortillas.
2. Substitute a 2-lb pork shoulder roast for the chicken. Cook 6 to 7 hours on high or 9 to 10 hours on low. Shred or cut meat into bite-size pieces.
3. Instead of canned corn, add a 15- or 16-oz can black beans, rinsed and well drained, or a 15- or 16-oz can hominy (which will thicken and bulk up the chili).

FINISHING TOUCHES

- **Cornbread** (go to *womansday.com* for a recipe)
- **Brown or white rice**
- **Multigrain or corn tortilla chips**

BURCU AVSAR; FOOD STYLING BY STEPHANA BOTTOM; PROP STYLING BY PHILIPPA BRATHWAITE.

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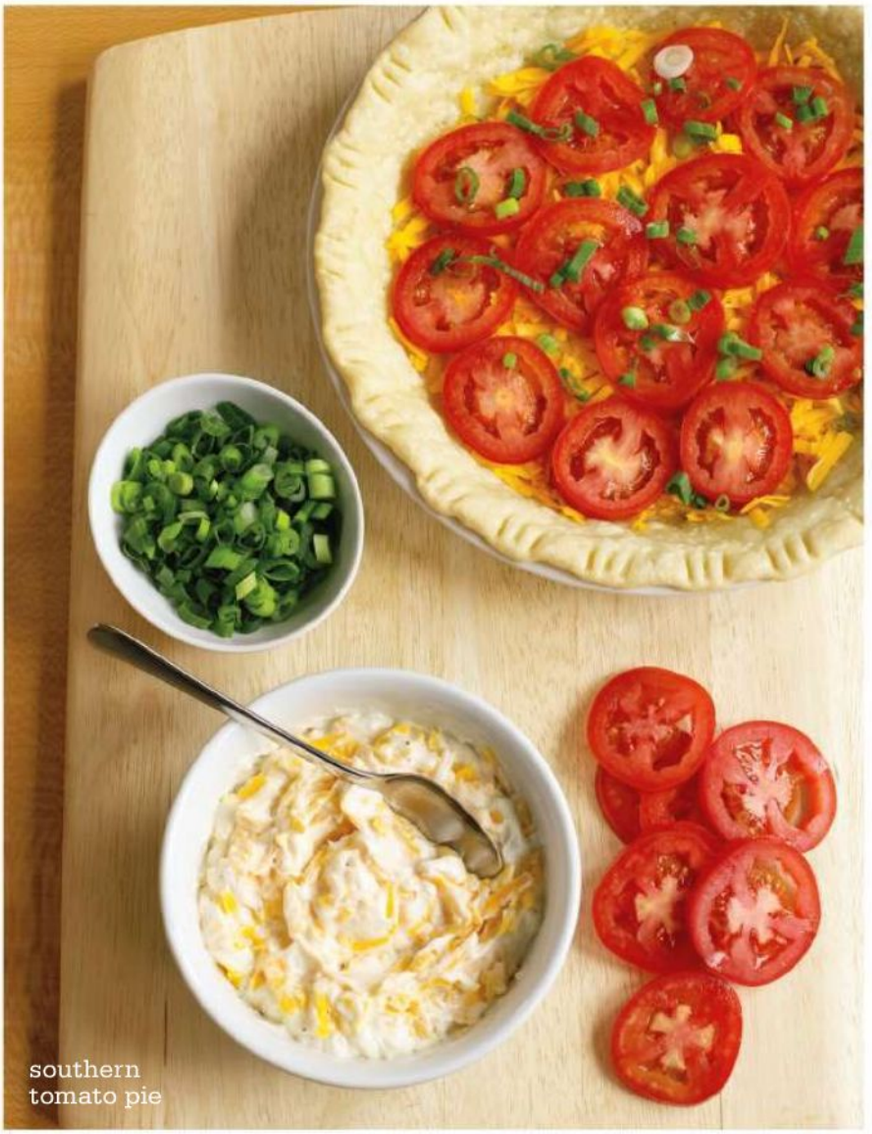
by Terry Grieco Kenny

you say **tomato...**



southern tomato pie

We say dinner. This humble salad-topper takes its rightful place as the main ingredient in this hearty dish.

southern tomato pie

Add a crisp green salad for a well-rounded summertime meal.

SERVES 6

ACTIVE: 10 MIN **TOTAL: 50 MIN**

- **1 refrigerated pie crust (from a 15-oz box of 2)**
- **1 cup light mayonnaise**
- **8 oz Cheddar, shredded (2 cups)**
- **¼ tsp freshly ground black pepper**
- **¼ cup sliced scallions**
- **1⅓ lb ripe plum tomatoes (8 to 10 medium-size), sliced**

1. Place one oven rack in bottom position. Heat oven to 350°F.

2. Line a 9-in. pie plate with crust. Crimp edges with a fork. Prick bottom and sides of dough in several places with a fork.

3. Bake 10 to 12 minutes until crust looks slightly puffed and dry.

4. Meanwhile, in a medium bowl, stir together mayonnaise, 1¼ cups of the cheese and the pepper.

5. Sprinkle bottom of partially baked crust with ½ cup of the remaining cheese. Top with ¼ of the tomatoes (about 12 or 13 slices). Sprinkle with 1 Tbsp of the scallions. Spoon ⅓ cup of the mayonnaise mixture on top in dollops. Continue to layer tomatoes, scallions and mayonnaise mixture to make 3 more layers. Sprinkle top with remaining ¼ cup cheese.

6. Bake 30 to 35 minutes until crust is golden and juices are bubbling. Remove to rack to cool at least 10 minutes before cutting into wedges.

Per serving: 468 cal, 12 g pro, 26 g car, 1 g fiber, 35 g fat (14 g sat fat), 60 mg chol, 697 mg sod

TOMATO **TIPS**

1 Never, *ever* refrigerate tomatoes! It halts the ripening process, kills the flavor and makes the texture mealy. Instead, store them stem up (to prevent bruising) at room temperature on a plate out of direct sunlight.

2 The best way to slice tomatoes is with a serrated knife. The blade easily saws through the skin without crushing the pulp on the inside.

3 Roma or plum tomatoes (like those used in our recipe above) are best for cooking; they're less juicy than other varieties so your recipes won't get soggy.

4 Love tomatoes but your stomach doesn't? Try yellow or orange tomatoes, which are lower in acid but just as tasty.

ANN STRATTON; PROP STYLING BY MATTHEW GLEASON.

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shrimp & asparagus risotto

1 **1 lb bag (26- to 30-per-lb size) EZ peel frozen shrimp, thawed and peeled**

2 **2 boxes (5.5 oz each) Lundberg garlic primavera risotto**

3 **8 oz fresh asparagus, ends trimmed, cut in 1½- to 2-in. lengths**

SERVES 4

ACTIVE: 15 MIN **TOTAL: 25 MIN**

Heat 1 Tbsp oil in a 12-in. nonstick skillet over high heat. Add shrimp; sauté 2 to 3 minutes until golden and cooked through. Transfer to a bowl.

Add rice to skillet; stir 30 seconds. Stir in 5 cups water and the seasoning packets. Bring to a boil, reduce heat and simmer uncovered 12 minutes, stirring occasionally.

Stir in asparagus; simmer 7 minutes. Stir in shrimp and any juices; cook 1 minute or until asparagus and rice are tender and shrimp are heated through.

Per serving: 361 cal, 15 g pro, 60 g car, 4 g fiber, 7 g fat (0 g sat fat), 0 mg chol, 1,035 mg sod

TRY THIS TOO

- Substitute chicken tenders, cut into 1-in. pieces, for the shrimp.
- Stir in some thawed frozen peas and diced fresh tomato along with the cooked shrimp.
- Add grated lemon zest and fresh basil before serving.

GEMMA COMAS; FOOD STYLING BY JOYCE SANGIARDI; PROP STYLING BY PAUL LOWE.

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RECIPE INDEX

frozen hot chocolate

MAIN DISHES

♥ Thai Beef & Noodle Salad 145
Southwestern Shrimp 145
♥ Asian Chicken Salad Lettuce Cups 147
Smoked Turkey & Bulgur Salad 151
Tuna & White Bean Salad 151
Prosciutto & Mozzarella Sandwich 156
Green Chili 160
Southern Tomato Pie 162
Shrimp & Asparagus Risotto 164

SIDES

Fresh Tomato Soup 156

SNACKS

Crispy Peanut Butter Bars 153
♥ Baked Apple Chips 153
Happy Trails Snack Mix 153

MISCELLANEOUS

Frozen Hot Chocolate 100
Basil Pesto 138

♥ **heart-healthy (see *womansday.com/hearthealthy*)**

SHOPPER'S GUIDE

KITCHEN REMIX 61–70: Designer, Amy Meier, Amy Meier Design; 858-848-4151, *amymeierdesign.com.* **61: Bar table,** Parsons Console Table with Travertine top; **Barstool,** Turner; **Wineglasses,** Edge; **Plates; Tray;** and **Decanter** (holding flowers), all Crate & Barrel; 800-967-6696, *crateandbarrel.com.* **Shelving,** West Elm; 888-922-4119, *westelm.com.* **Ice bucket, Eye chart, Pitcher** and **Numbers glasses, Lab stands** (holding fruit), **Wine chiller** (holding flowers) and **Bar tools;** all Solo; 858-794-9016, *solocedros.com.* **Straws,** Anthropologie; 800-309-2500, *anthropologie.com.* **Skewers,** Cost Plus World Market; 877-967-5362, *worldmarket.com.* **62–63: Cabinet painting** by Bella Decorative Arts; 858-229-5626, *belladecorativearts.info.* **Cabinet hardware,** San Diego Hardware; 858-576-1892, *sandiegohardware.com.* **Refrigerator, Stove** and **Microwave,** LG; 800-243-0000, *us.lge.com.* **Kitchen table,** Terravida 63" Dining Table (painted), Crate & Barrel; 800-967-6696, *crateandbarrel.com.* **Kitchen chairs,** Madeline Side Chair in Burnt Oak finish, Restoration Hardware; 800-910-9836, *restorationhardware.com.* **Rug** and **Bamboo flatware,** Cost Plus World Market; 877-967-5362, *worldmarket.com.* **Enamel breadbox, Edison glass canisters, Cookbooks** and **Striped towel,** Solo; 858-794-9016, *solocedros.com.* **Red and white pitcher, Cream ceramic bowl** (with oranges) and **Red napkins,** Linen Hemstitch in Cranberry, all Pottery Barn; 888-779-5176, *potterybarn.com.* **64: Pendant light,** Harmon, Restoration Hardware; 800-910-9836, *restorationhardware.com.* **Soap holder, Cutting board** and **Footed plate,** all Cost Plus World Market; 877-967-5362, *worldmarket.com.* **Striped towels,** Solo; 858-794-9016, *solocedros.com.* **Windowshade,** Home Depot; 800-553-3199, *homedepot.com.* **Faucet,** Moen; 800-289-6636, *moen.com.*

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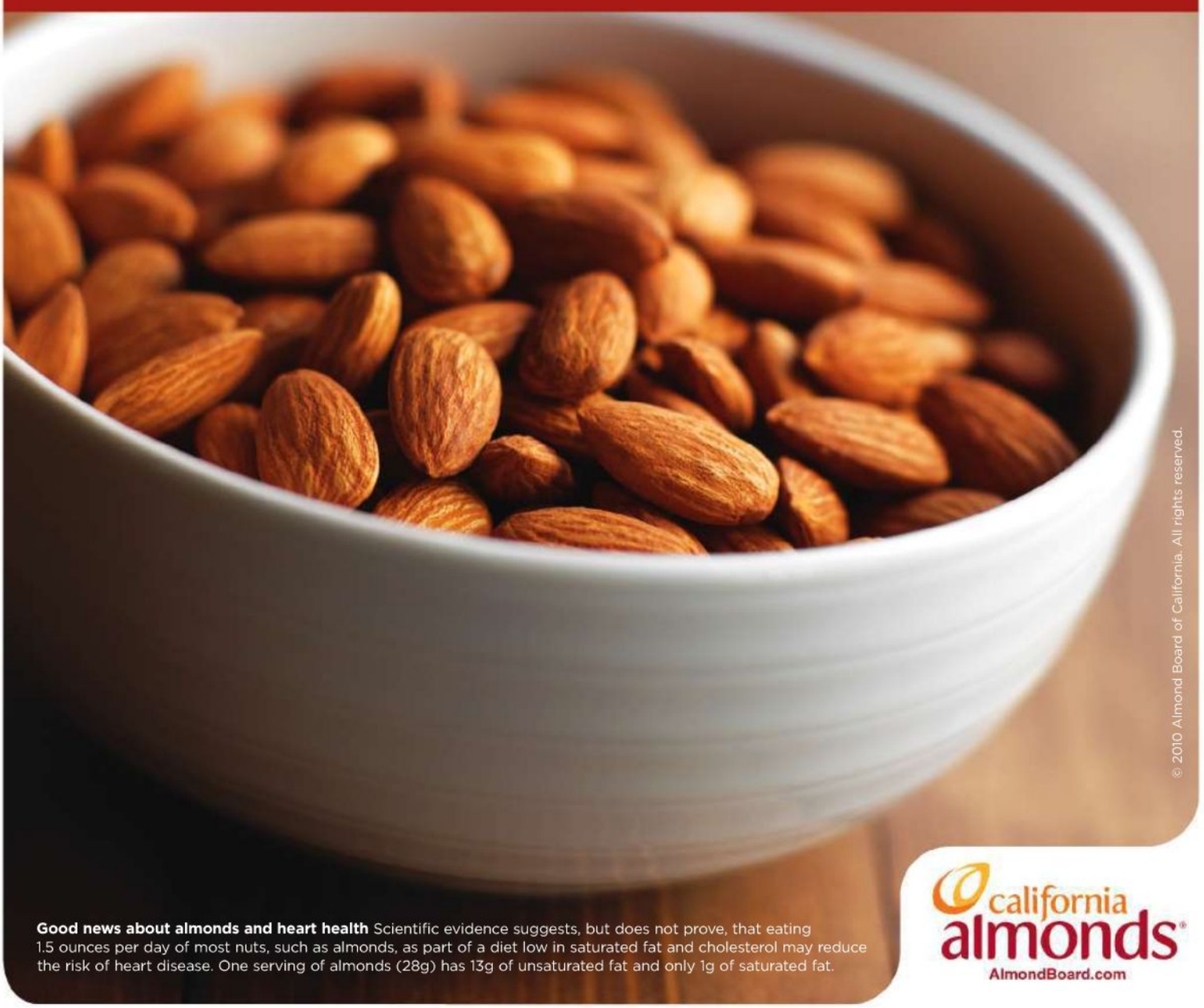

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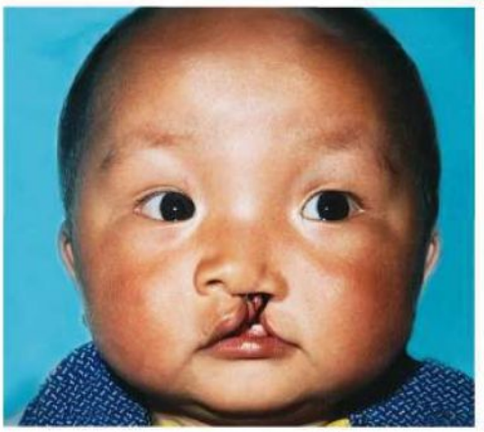

Ming, 6 months, China

Shiva, 1 year, India

Mot, 13 years, Cambodia

Durgap, 5 years, India

Funmi, 8 years, Nigeria

Salazar, 5 years, Philippines

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EVERYDAY THINGS YOU NEED TO KNOW...

tie a sarong

did you know...
Sarong is a Malaysian word that means "sheath" or "cover."
Source: kidzworld.com.

Flattering and great at hiding flaws, a sarong is a beach must-have. Start with a 73" x 45" sarong to transform it into a classic skirt—or for even more coverage, a chic halter dress.

LONG SKIRT

STEP 1 Holding two corners on the long side, wrap the sarong behind your hips (like you're drying off with a beach towel).

STEP 2 Bring ends around to the front, gather at one hip and tie in an overhand knot. **Tip:** For a short skirt, fold the sarong in half lengthwise, then do steps 1–2.

HALTER DRESS

STEP 1 Holding two corners on the long side, wrap the sarong behind your back horizontally.

STEP 2 Bring the two corners together in front of your body, then crisscross them around each other twice and pull them to your chest.

STEP 3 Tie the two ends behind your neck. **Tip:** For a halter top, fold the sarong in half lengthwise, then do steps 1–3.
Source: Lisa Letarte Cabrinha, designer for Letarte Swimwear

KEITH LATHROP; HAIR & MAKEUP BY BELINDA ZOLLO AT KATE RYAN FOR BOBBI BROWN AND BUMBLE & BUMBLE; BATHING SUIT BY OLD NAVY; SARONG BY MATTA NY.

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